

Home Cookin'



Immanuel Pentecostal Church
Comanche, Oklahoma

Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook, would like to thank and express our sincere appreciation to the many people in the community who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, this book would not have been possible.

The Cookbook Committee

DEDICATION

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

A COLLECTION OF RECIPES

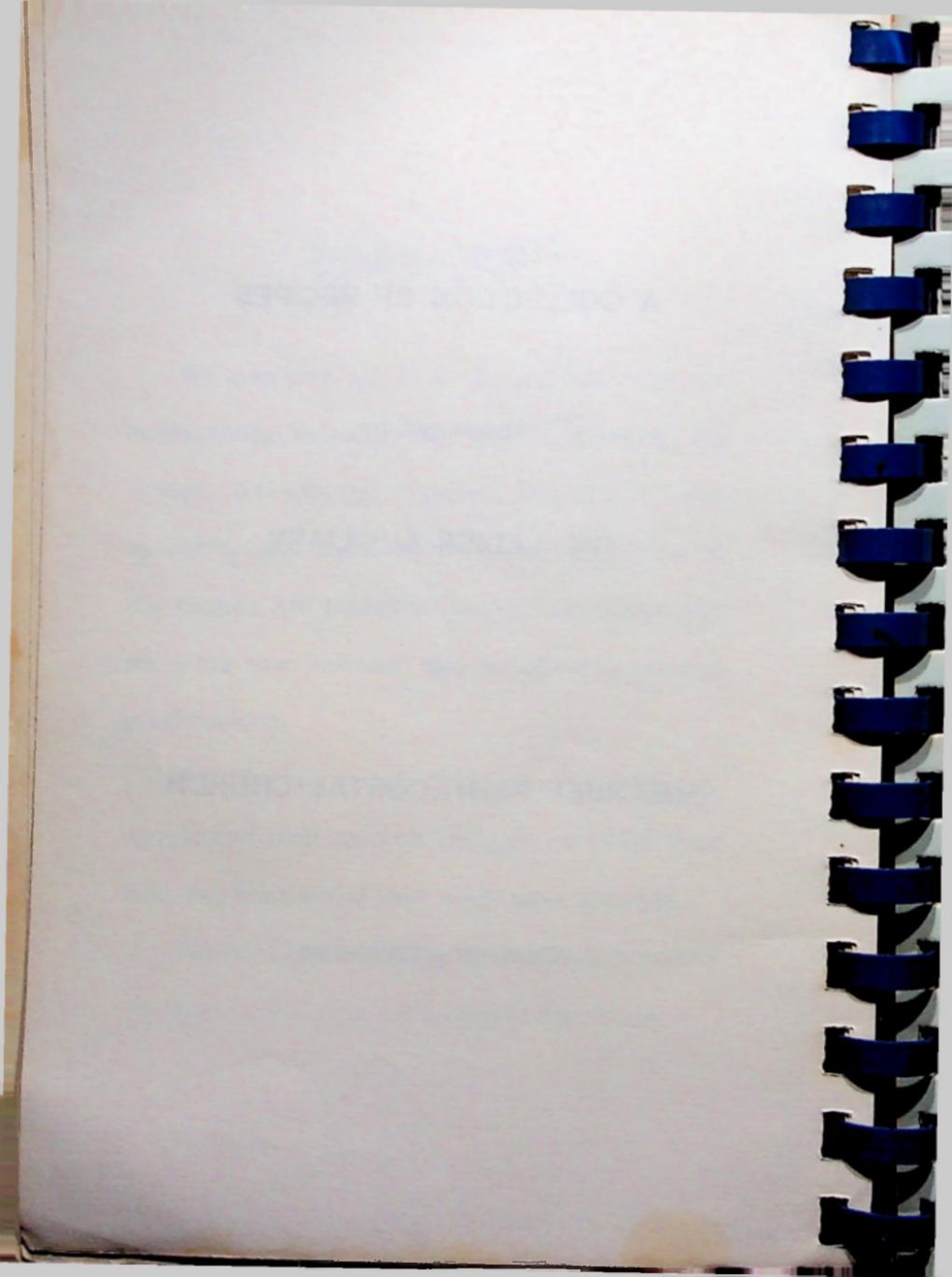
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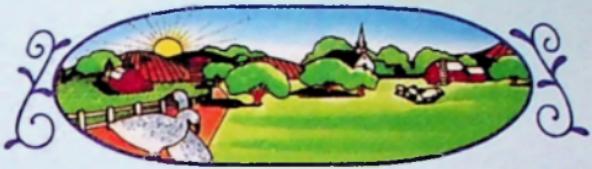
THE LADIES AUXILIARY

of

IMMANUEL PENTECOSTAL CHURCH

Comanche, Oklahoma





Your Favorite Recipes

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Page Number

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A collage of various appetizers, relishes, and pickles. In the background, there are jars of orange relish and pickles, and blocks of cheese (white, red, and blue). In the foreground, there's a variety of items: shrimp cocktail with lemon slices, deviled eggs with paprika, sliced tomatoes, sandwich triangles, a bowl of dip with cucumber slices, and cauliflower florets.

*Appetizers,
Relishes
&
Pickles*



Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chopped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

APPETIZERS, RELISHES & PICKLES

BEAN DIP

1 can refried beans
1 medium onion, chopped
1 c. diced green chilles
2 c. grated cheese

1 c. Cheddar cheese
1 c. Jack cheese
1 cube butter

Saute onions and diced green chilies in butter. Add beans and cheese. Melt together.

Ruth Anderson and Mary Allen

HOT CHEESE DIP

1 large box Velveeta cheese
1 large jar Cheez Whiz (jalapeno)

1 (12 oz.) jar picante sauce

Mix and melt on slow heat.

Ruth Anderson

LAYERED MEXICAN DIP

2 cans refried beans
1 pkg. taco seasoning
2 cartons avocado dip
2 small cartons sour cream

2 small cans chopped black olives
1 onion, diced
1 pkg. Monterey Jack cheese, grated

Layer in casserole dish in order listed. Let set in refrigerator overnight.

Cathy Burrows

PICKLED OKRA

1 pt. white vinegar
1 qt. water
1/2 c. salt

1/4 tsp. alum
3 lb. tender okra

Bring vinegar, water, salt and alum to a boil. Put okra into jars. (You can add garlic clove, dill seed or dill stem or hot pepper to each jar.) Pour boiling mixture over okra and seal. Wait six weeks to eat.

Carolyn Hancock

VEGGIE DIP

1 c. mayonnaise	1 tsp. garlic powder
1 c. sour cream	1 tsp. onion salt
1 tsp. Worcestershire sauce	1 tsp. parsley flakes
1 tsp. curry powder	1 tsp. dill weed

Combine all ingredients. Let set 2 hours before serving. Serve with carrot, celery sticks, pepper slices, broccoli, etc.

Carolyn Hancock

PARTY SAUSAGE BALLS

3 1/2 c. Bisquick	10 oz. sharp Cheddar cheese, grated
1 lb. hot sausage	1/2 c. milk
2 eggs	

Work well with hands until all ingredients are well blended. Roll into 1 inch balls. Refrigerate until ready to use. Can be made ahead and frozen. Bake for 20 to 30 minutes at 350°. If using microwave, cook 2 minutes, turn after 1 minute (if frozen, two minutes Defrost cycle, then cook for 2 minutes).

Barbara Robbins

PICKLED BEETS

1/2 c. vinegar	salt to taste
1 c. sugar	cloves (whole)
2 c. water	

Put one clove into each beet. Cover with mixture, boil. Put in jars and seal.

Carolyn Hancock

CHEESE ROLL-UP

1 (16 oz.) box Velveeta, softened	1/2 c. ripe olives, chopped fine
1 (8 oz.) pkg. cream cheese, softened	1 pkg. taco seasoning
1 bunch green onions, chopped fine	few drops Worcestershire sauce or liquid smoke
3/4 c. chopped pecans	paprika or parsley flakes

Place Velveeta between 2 sheets waxed paper. Roll with rolling pin to 1/4 inch rectangle. Add Worcestershire or

liquid smoke to cream cheese and mix. Spread cream cheese over Velveeta. Dust cream cheese with taco seasoning, about 1/2 package or to taste. Sprinkle with green onion and chopped olives (blot olives after chopping to absorb excess moisture). Sprinkle 1/4 cup pecans over onions and olives. Starting with long side, roll up cheese jellyroll fashion. Coat outside of roll with remaining pecans and parsley flakes or dust with paprika. Place seam side down. Refrigerate until firm and slice to serve on crackers.

Teri Walls

FRIED ONION RINGS

1 c. milk	flour to make a medium thin batter
1 egg, beaten	
pinch of salt	3 or 4 large onions
dash of pepper	oil or shortening

Combine milk, egg, salt and pepper; add flour. Cut onions crosswise into 1/4 inch slices and separate into rings. Dip rings one at a time into mixture. Fry in deep hot oil. Turn each ring only once so both sides are very brown. Yields about 8 servings.

Johnnie Clary

GARDEN CHEESE DIP

1 (16 oz.) carton small curd cottage cheese	2 Tbsp. chopped fresh parsley
1 (8 oz.) pkg. cream cheese, soft	1 clove garlic, crushed
1/4 c. finely chopped radishes	1/4 tsp. salt
1/4 c. finely chopped green onion	1 Tbsp. Worcestershire sauce dash of black pepper

Combine all ingredients mixing well; may use electric mixer on low speed just until mixed. Chill; serve with fresh vegetables. Yields about 3 cups.

Teri Walls

HOT SAUSAGE DIP

1 lb. sausage, mild or hot	8 oz. cream cheese
2 lb. Velveeta cheese	small amount of water
1 can cream of mushroom soup	

Fry sausage until well cooked. Bread into small pieces.

APPETIZERS, RELISHES & PICKLES

Drain off all grease. Melt Velveeta and cream cheese over low heat. Add soup and small amount of water. When melted, add sausage.

Lorena Legg

PICKLED ONION RINGS

large sweet onions
2 c. white vinegar
1 c. sugar
1 tsp. mustard seed

1 tsp. celery seed
1 tsp. ground turmeric
1/4 tsp. alum

Peel and slice onions 1/8 inch thick, enough to fill wide mouth jar. Boil vinegar, sugar and spices and pour over onions; cool. Cover and refrigerate. Let stand for several days before serving.

Teri Walls

PARTY MIX

1 can mixed nuts
1 large box Rice Chex
1 large box Corn Chex
1 large box cheese crackers
1 small bag pretzels
1 lb. butter
4 tsp. Worcestershire sauce

1 tsp. Tabasco sauce
1 tsp. chili powder
1 Tbsp. celery salt
1 Tbsp. garlic salt
2 Tbsp. Parmesan cheese
1 Tbsp. onion powder

Melt butter with Worcestershire, Tabasco, garlic salt, chili powder, celery salt, garlic salt, onion powder and Parmesan cheese. In large pan, combine mixed nuts, cereals, pretzels and crackers. Mix well. Spoon butter mixture over all and bake at 250° for 2 hours. Stir every 15 minutes.

Teri Walls

PICKLED JALAPENO PEPPERS

1 c. vinegar
1/4 c. water

1/4 c. olive oil
fresh jalapeno peppers

Put solution on and bring to a boil. Pack peppers into clean sterilized jars. Pour mixture over peppers. Seal jars. Put into hot water bath. Bring water to boil and let boil 10 minutes. Set off fire and let cool completely.

Bessie Holding

DILL PICKLES

3 qt. water
1 qt. vinegar (5% acidity)

1 c. salt

Prepare cucumbers (slice, quarter or leave whole). Soak in pickling lime solution according to directions on lime package. When liming process is completed, pack cucumbers into sterile hot jars. Add 2 to 3 cloves garlic, fresh dill and 1 teaspoon dill seed. Boil water, vinegar and salt, pour over cucumbers and seal. Let set 2 weeks before opening.

Vickie Litke

PICKLED OKRA

3 qt. water
1 qt. vinegar (5% acidity)

1 c. salt

Bring to boil water, vinegar and salt. Pack young tender okra pods into hot sterilized jars. Pour boiling solution over okra. Seal jars and let stand 2 weeks before using.

Vickie Litke

PECAN CHEESE SPREAD

1 lb. Colby cheese, soft
2 c. Hellmann's mayonnaise
3/4 c. chopped pecans

1/2 c. chopped purple onion
salt and pepper to taste
chopped green onion blades

Combine all ingredients together. Serve with chips or snack crackers.

Sherrie Hartzell

<<< Extra Recipes >>>

A collage of various soups, salads, and sauces. In the top left, a black pot contains a creamy soup with vegetables and a wooden spoon. To its right is a small pile of pretzels. In the center, a large wooden bowl is filled with a colorful pasta salad containing rotini, cherry tomatoes, cucumbers, and feta cheese. To the left of the pasta salad is a smaller wooden bowl of red salsa. In the bottom left, a yellow bowl is filled with tortilla chips and guacamole. A jar of dark sauce sits next to it. The background features a bouquet of dried flowers and a juicer.

Soups, Salads & Sauces



Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing; chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Use them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and the skin should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments

Clear Soups — crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups — cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups — Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

SOUPS, SALADS & SAUCES

HOT CHICKEN SALAD

4 c. diced cooked chicken	2 Tbsp. chopped pimento
3/4 c. mayonnaise	1 Tbsp. minced onion
1 tsp. salt	1 c. grated cheese
2 c. chopped celery	1 1/2 c. potato chips, coarsely crushed
4 chopped boiled eggs	
3/4 c. cream of chicken soup	

Combine all ingredients except cheese and potato chips. Put into large ovenproof pan. Refrigerate overnight. Preheat oven to 400°. Top with cheese, then potato chips; bake at 400° for 20 to 25 minutes.

Lorena Legg

CRANBERRY SALAD

2 pkg. raspberry Jell-O	1 can whole cranberry sauce
1 1/4 cans crushed pineapple and juice	3/4 c. fruit juice or Kool-Aid
	1 c. pecans, chopped

Topping:

8 oz. pkg. cream cheese, softened	1 c. sour cream
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Salad: Mix all ingredients except pecans. When mixture begins to thicken, add pecans. Put in 11 x 13-inch pan. Put in refrigerator to set. After it sets add topping.

Topping: Add softened cream cheese gradually to sour cream. Spread over berry mixture and set back in refrigerator.

Susan Hancock

BARBECUE SAUCE

1 c. catsup	1/2 tsp. cayenne pepper
1 c. water	1 Tbsp. vinegar
4 tsp. dry mustard	1 Tbsp. Worcestershire sauce
6 tsp. smoked salt	5 tsp. garlic sauce
1 tsp. brown sugar	

Combine all ingredients. Simmer 20 to 25 minutes until flavor is well developed. Excellent for brisket and other beef cuts.

Annie Lee

DIXIE BARBECUE SAUCE

1 c. catsup	1 tsp. paprika
1 c. water	1 tsp. salt
1 tsp. chili powder	1/2 tsp. black pepper
2 Tbsp. vinegar	1/4 c. chopped onion
2 Tbsp. Worcestershire	

Cook all ingredients together over low heat until well combined. Use on chicken, pork ribs or chops.

Annie Lee

HAM AND CABBAGE SALAD

1 small head cabbage, shredded	1 green pepper, chopped
2 c. cold cooked ham, diced	1 c. mayonnaise
1/2 onion, chopped	salt to taste
1 red pepper, chopped (sweet)	

Combine cabbage, ham, onion, red pepper and green pepper; add mayonnaise.

Louise Smith

SPAM SALAD

3 c. potatoes, cold, cooked, chopped	1/2 c. onion, chopped
1/2 c. Spam, diced	1 Tbsp. vinegar
2 eggs, boiled, chopped	1 Tbsp. mustard (prepared)
1/2 tsp. pepper	1 c. sour cream
1/2 c. pickles, chopped (sweet or dill)	salt to taste

Combine all ingredients. Chill 1 hour.

Jo Woods

CORN SALAD

1 can whole kernel corn, drained	small can green chilies, chopped, drained
small jar pimentos, drained, chopped	small dash of garlic powder
small can black olives, sliced, drained	salt to taste pepper to taste

Combine all ingredients. Refrigerate 1 hour before serving.

Marie Hall

PORK AND BEAN SALAD

1 large can pork and beans, drained, chilled	1/2 medium onion, diced
2 tomatoes, diced	1/2 c. mayonnaise
1/2 green pepper, diced	1 tsp. mustard

Combine all ingredients. Chill 1 hour.

Marie Hall

TABOULI

1 pkg. bulgur wheat	2 c. vegetable oil
2 large tomatoes, chopped	1 1/2 c. lemon juice
2 bunches chopped green onions	1 1/2 tsp. salt
2 bunches parsley, chopped, stems removed	1 large bell pepper, chopped

Rinse and drain bulgur wheat according to directions on package. Mix all ingredients together, except oil and lemon juice and salt. Combine lemon juice and oil. Dissolve salt in oil and lemon and pour over other ingredients. Stir well. Cover and chill in refrigerator 5 to 6 hours before serving. Will keep for 1 week refrigerated.

Laura Snow

CINNAMON APPLESAUCE MOLD

1/2 c. red hots candies or few drops of cinnamon oil	2 small pkg. cherry Jell-O (regular or NutraSweet)
2 c. boiling water	2 c. unsweetened applesauce

Dissolve candies in boiling water. Add Jell-O and dissolve. Stir in applesauce. Pour into pan or mold. Chill until firm. Slice and serve on leaf lettuce.

Annie Lee

QUICK CHICKEN SALAD

1 c. cooked chicken, cubed	1/2 c. sweet or sour pickles, diced
3 boiled eggs, chopped	mayonnaise
1/4 c. celery, diced	
1/8 c. onion, diced	

Combine all ingredients. Refrigerate 1 hour.

Louise Smith

STEAK SAUCE

1 c. sour cream
1/2 c. chili sauce
1 tsp. bottled steak sauce

1 tsp. prepared mustard
1/2 tsp. seasoned salt

Combine all ingredients. Refrigerate at least 1 hour before serving. Makes 1 1/2 cups.

Jo Woods

BLACK-EYED PEA SALAD

4 c. black-eyed peas
1 c. Italian dressing
1 c. chopped carrots

1/2 c. green peppers, chopped
1/4 c. jalapenos, chopped
1/4 c. sweet red peppers

Mix; chill and serve. Makes 6 to 8 servings.

Debbie Wilson

TUNA MAC SALAD

8 c. cooked macaroni
1 c. cheese, grated
1 c. green onions, chopped
1/2 bell pepper, chopped
1/4 c. sweet red pepper

2 boiled eggs, chopped
1 c. mayonnaise
1/2 c. chopped celery
1 ripe tomato, chopped
1 small can tuna, drained

Mix all ingredients. Chill. Makes 6 to 8 servings.

Debbie Wilson

AUNT LOIS' BEAN SALAD

1 small head cabbage, shredded
1 large onion, shredded
2 jars pimentos
1/2 c. sweet pickle relish
3 Tbsp. mayonnaise

2 can Brown Beauty beans,
drained
salt to taste
sugar to taste
vinegar to taste

Combine all ingredients and refrigerate 2 hours before serving.

Carolyn Hancock

CORNBREAD SALAD

1 pkg. corn bread mix
1 bell pepper, chopped
2 ripe tomatoes, chopped
5 radishes, chopped
5 green onions, chopped

1/2 c. mayonnaise
1 tsp. powdered mustard
1 tsp. salt
1 small bottle creamy Dijon
salad dressing

Prepare cornbread mix according to package directions. Let cool and crumble up in large bowl. Add rest of ingredients and mix well. Chill 3 to 4 hours.

Janie Walls and Pat Polk

PEA SALAD

4 c. green peas (fresh or frozen)	2 boiled eggs, chopped
1/2 c. green onions, chopped	3/4 c. mayonnaise 1/2 c. grated cheese

Drain peas; add onions, eggs, mayonnaise and cheese. Fold until blended. Top with a few chopped eggs. Makes 4 to 6 servings.

Debbie Wilson

POTATO SALAD

6 large potatoes, cooked and chopped	1/2 c. red sweet peppers
1 c. mayonnaise	3 boiled eggs, chopped
2 Tbsp. mustard	1/2 c. celery, chopped
1 chopped bell pepper	1/2 c. green onion, chopped 1/4 c. sweet relish

Mix all ingredients in order; serve hot or cold. Top with celery seed. Makes 6 to 8 servings.

Debbie Wilson

CARAMEL SAUCE

1 1/2 c. sugar	1/2 tsp. vanilla
2 Tbsp. margarine	1 c. hot water
1/8 tsp. salt	

In large heavy skillet, heat sugar over very low heat, stirring until melted and light golden brown. Remove from heat. Very gradually stir in 1 cup hot water. Bring to boiling point. Reduce heat, simmer until it thickens or 228° on candy thermometer. Remove from heat. Add butter, salt and vanilla. Let cool. Makes about 1 1/4 cups.

Sue Lane

BASIC WHITE SAUCE

1/4 c. margarine	1 tsp. salt
1/4 c. all-purpose flour, unsifted	1/8 tsp. pepper 2 c. milk

In pan, slowly heat margarine, just until melted. Remove from heat. Add flour, salt and pepper. Stir until smooth. Add milk, small amount at a time, stirring after each addition. Return to heat. Over medium heat, bring to boiling, stirring constantly. Reduce heat, simmer 1 minute.

Cheese Sauce: Add 2 cups grated cheese and 1/2 teaspoon dry mustard.

Carolyn Hancock

GUACAMOLE SALAD

4 ripe avocados
1 1/2 Tbsp. lemon juice
dash of salt
1/4 c. picante sauce

garlic powder to taste
finely shredded lettuce
1/2 c. mayonnaise or sour
cream (optional)

Peel avocados and remove seed. Save 1 seed. Mash up with fork. Add lemon juice, salt, picante sauce and garlic powder. Blend well. Place reserved seed in avocado mixture. Cover and refrigerate until serving time. Remove seed and mound on plates with lettuce. Serve with tortilla chips.

*If adding mayonnaise or sour cream, mix in with picante sauce and other ingredients, before chilling.

Joy Legg

FRUIT SALAD

2 small cans fruit cocktail
2 c. whip topping
1/2 c. walnuts

1/4 c. coconut
sweet cherries

Drain cocktail; fold in topping, coconut and walnuts. Top with cherries. Makes 4 to 6 servings.

Also may add 1 cup cottage cheese for a good taste and stretch the servings.

Debbie Wilson

KRAUT SALAD

1 (No. 2 1/2) can chopped
kraut, drained
1/2 c. celery, chopped
1 bell pepper, chopped
1 medium onion, chopped

1 jar pimentos
1 c. sugar
2/3 c. apple cider vinegar
1/3 c. salad oil
1/2 c. water

Mix kraut, celery, pepper, onion and pimentos and set

aside. Combine and boil rest of ingredients. Pour over first mixture. Chill overnight.

Carolyn Hancock

SEVEN-UP LIME JELLO SALAD

1 box lime Jell-O	1 c. 7-Up
1 c. hot water	1 c. small marshmallows
1 pkg. Philadelphia cream cheese	1 c. nuts
	1 c. crushed pineapple

Dissolve in hot water Jell-O and Philadelphia cream cheese. Mix 7-Up, marshmallows, nuts and crushed pineapple all together and add to Jell-O and cream cheese and chill.

Barbara Robbins

FRESH TOMATO SOUP

1/4 c. margarine	6 medium tomatoes, peeled, seeded and chopped
1/2 c. onion, chopped	1 tsp. sugar
1/4 c. flour (all-purpose)	1/4 tsp. pepper
1 c. water	1 bay leaf
1 1/4 tsp. salt	

In 3 quart pan, cook onion in margarine about 10 minutes (medium heat). Stir in flour until blended. Gradually stir in water. Add tomatoes and remaining ingredients. Heat mixture to boiling. Reduce heat to low, cover and simmer 30 minutes. Stir frequently. Add more water for desired thickness. Discard bay leaf. Makes 3 1/2 cups.

Carolyn Hancock

TARTAR SAUCE

2 c. mayonnaise	1/4 c. yellow onion, finely chopped
1/2 c. sweet relish, drained	1/2 c. parsley
1/2 c. India relish, drained	hot sauce (dash)
3/4 c. green onion, finely chopped	1/2 tsp. Lea & Perrins (optional)

Combine all ingredients. Let set at least 1 hour.

Carolyn Hancock

SUGAR-FREE FRUIT SALAD

3 tsp. cornstarch	1/2 c. unsweetened plain yogurt
1/2 c. unsweetened pineapple juice	4 c. fruit (fresh or unsweetened water pack fruit)
3 Tbsp. lemon juice	1 c. nuts (optional)
1 packet Sweet 'N Low (more or less to taste)	

Combine cornstarch, juices and sweetener. Cook in saucepan until thick. Let cool. Fold in yogurt. Pour over fruit and nuts. Stir until well coated. Chill 1 to 2 hours.

Anna Walls

SPRING PEA SALAD

10 oz. fresh or frozen peas	1 c. chopped cashews or sunflower seeds
1 c. diced celery	1/2 c. sour cream
1 c. chopped fresh cauliflower	1 c. prepared Hidden Valley Ranch dressing
1/4 c. crisp cooked crumbled bacon	1/2 tsp. Dijon mustard
1/4 c. diced green onion	1 clove garlic, minced

Rinse peas in hot water or steam, if fresh; drain. Combine vegetables, nuts and bacon with sour cream. Mix dressing, mustard and garlic together; pour over salad mixture. Toss gently. Chill.

Linda Curtis

POTATO SALAD

6 large potatoes	1 stick oleo
1 large onion, chopped	1 Tbsp. black pepper
6 Tbsp. mayonnaise	2 Tbsp. salt or to taste
2 Tbsp. mustard	1 (2.5 oz.) pkg. potato toppings
4 large hard boiled eggs, chopped	1/4 c. pimentos

Boil potatoes; drain well. Add margarine, salt and pepper. Mash potatoes well; add onion, eggs, mayonnaise, mustard, pimentos, and 1/2 package potato toppings. Mix together, top with remaining potato toppings and sprinkle with paprika.

Faye Sullins

STRAWMALLOW DELITE

1 (11 oz.) can mandarin orange sections	1 1/2 c. sliced bananas
2 c. strawberry halves	1 1/2 c. miniature marshmallows

Drain oranges, save 2 tablespoons liquid. Combine oranges and liquid with remaining ingredients; mix lightly. Cover; chill up to 2 hours before serving. Makes 4 to 6 servings.

Linda Curtis

PINK SALAD

1 large Cool Whip	1 c. coconut
1 can cherry pie filling	1 c. crushed pineapple
1 can Eagle Brand milk	1 c. pecans

Mix and chill.

Norma Gamblin

BUTTERMILK SALAD DRESSING

2 c. buttermilk	2 1/4 tsp. parsley flakes
2 c. mayonnaise	1 3/4 tsp. salt
1/2 tsp. garlic powder	1/2 tsp. Accent
1 tsp. onion powder	1/2 tsp. white pepper

Mix all ingredients together until well combined. Chill at least 4 hours. Serve over slaw or tossed salad. Yields 4 cups. Will keep up to 2 weeks in refrigerator.

Teri Walls

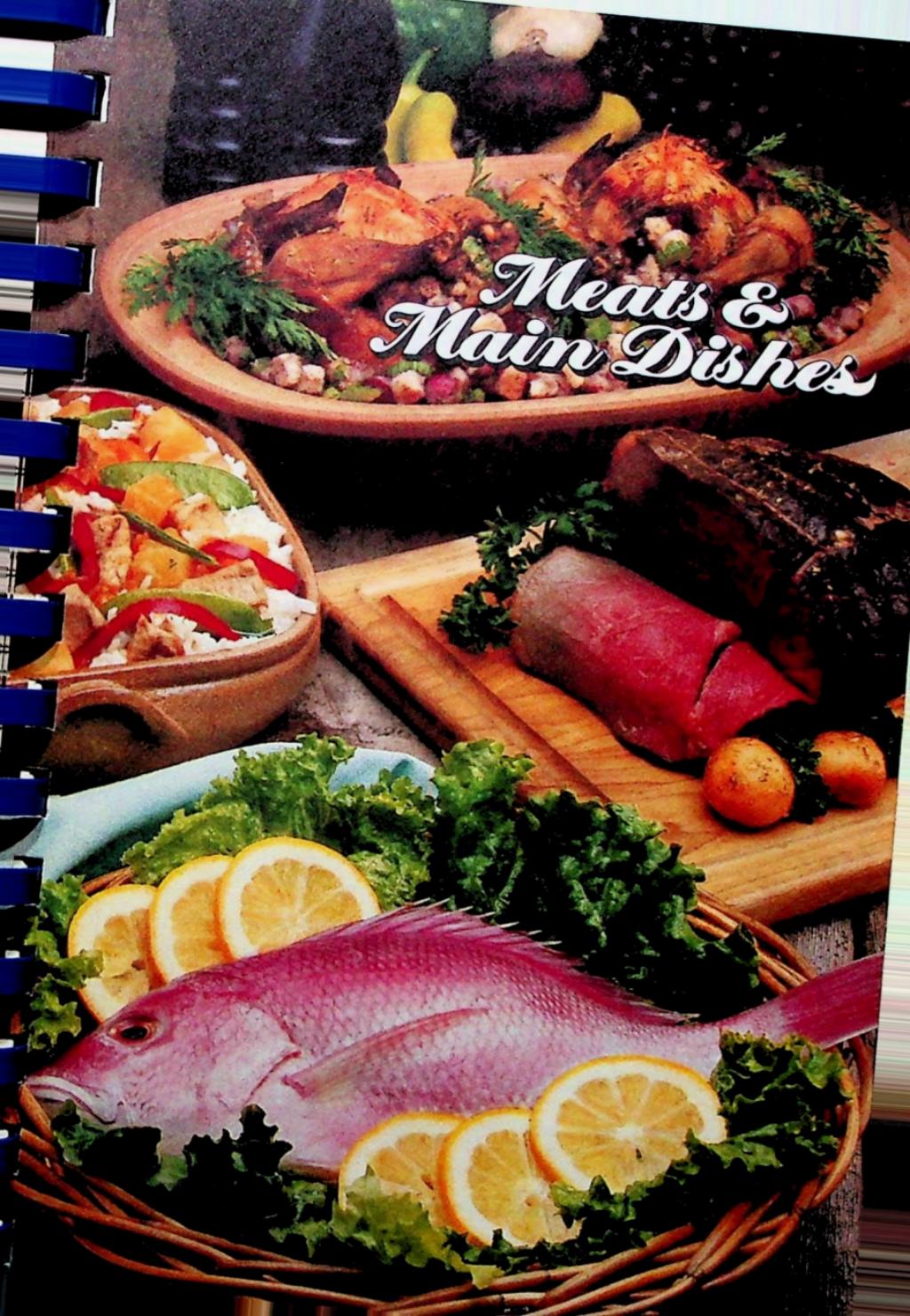
PICANTE SAUCE

2 c. very ripe tomatoes	2 Tbsp. oil
1/2 c. hot peppers	2 to 4 Tbsp. vinegar
1 large minced onion	1 to 2 tsp. salt
2 cloves garlic, crushed	

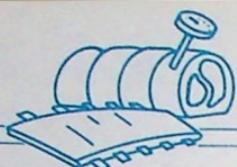
Cut tomatoes into quarters and put in blender with other ingredients. Simmer for 15 minutes. Makes 2 cups. Can use canned whole peeled tomatoes.

Susan Hancock

<<< Extra Recipes >>>

A collage of various main dish meals. In the top right, a large platter holds several pieces of roasted chicken with a golden-brown skin, garnished with fresh herbs like parsley and cilantro. In the center, a wooden cutting board displays a large, dark roast beef roll, a smaller piece of meat, and some whole potatoes. To the left, a round wooden bowl contains a colorful stir-fry with rice, red bell peppers, green beans, and other vegetables. In the bottom foreground, a large fish fillet, possibly snapper or grouper, is served with fresh lemon slices and a bed of green leafy vegetables.

Meats & Main Dishes



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK Rib and loin Leg Picnic shoulder Shoulder, butt Boned and rolled Shoulder	3 - 7 lbs. 5 lbs. 5 - 10 lbs. 3 - 10 lbs. 3 - 6 lbs.	30-40 25-30 40 40 - 50 60	325 325 325 325 325	175 F 170 F 175 F 170 F 170 F
BEEF Standing ribs - rare - medium - well done	3 - 7 lbs. 3 - 7 lbs. 3 - 7 lbs.	25 30 35	325 325 325	135 F 165 F 170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB Shoulder - well done - boned and rolled Leg - medium - well done Crown - well done	4 - 10 lbs. 3 - 6 lbs. 5 - 10 lbs. 3 - 6 lbs. 3 - 6 lbs.	40 40 40 40 - 50 40 - 50	325 325 325 325 325	190 F 182 F 175 F 182 F 182 F
SMOKED PORK Shoulder and picnic hams Boneless butt Ham	5 lbs. 8 lbs. 2 lbs. 4 lbs. 12 - 20 lbs. Under 10 lbs. Half hams	30 - 40 30 - 40 40 25 16 - 18 20 25	325 325 325 325 F 325 F 325 325	170 F 175 F 180 F 170 F 170 F 175 F 170 F
VEAL Loin Leg Boneless shoulder	4 - 6 lbs. 5 - 10 lbs. 4 - 10 lbs.	35 35 45	325 F 325 325 F	175 F 175 F 175 F
POULTRY Chicken Stuffed Turkey Duck	3 - 5 lbs. over 5 lbs. 8 - 10 lbs. 18 - 20 lbs. 5 - 10 lbs.	40 30 20 14 30	325 F 325 325 325 325	170 F 170 F 175 F 175 F 175 F

MEATS & MAIN DISHES

NOODLES

2 c. flour	1 tsp. salt
2 eggs	1/4 c. milk

Mix ingredients together well. Roll out thin on a floured board. Let set for 20 minutes. Cut in narrow strips. Let set for 2 hours. Add noodles one at a time to boiling broth. Cook uncovered for 10 minutes.

Bessie Holding

TALLERINA CASSEROLE

1 (12 oz.) pkg. wide egg noodles	cayenne pepper
1 lb. hamburger	1 jar sliced mushrooms
1 medium onion	1 (16 oz.) can tomato wedges
garlic	1 (16 oz.) can cream style corn
salt	16 oz. pkg. Velveeta cheese
pepper	

Cook noodles, drain. Brown hamburger and onion. Add remaining ingredients. Mix hamburger mixture to noodles. Put in 13 x 9-inch pan. Bake at 350° for 25 minutes.

Krista Harper

MEAT LOAF

1 1/2 lb. ground beef	2 tsp. salt
3/4 c. oatmeal	1/4 tsp. pepper
2 eggs	1 c. tomato juice
1/4 c. chopped onions	

Combine and thoroughly mix all ingredients. Pack firmly into standard loaf pan. Bake at 350° for 1 hour. Let stand 5 minutes before slicing.

Nora Hancock

SUMMER SAUSAGE

2 lb. lean hamburger meat	2 Tbsp. Morton Tender Quick
1/2 tsp. garlic powder	1 Tbsp. coarse pepper
1/2 tsp. onion powder	1 1/2 Tbsp. liquid smoke
1 Tbsp. Accent	

Mix all together. Roll in foil and refrigerate 24

hours. Bake at 300° for 1 1/2 hours in a pan at a tilt, with one end of foil open to drain. Take out of foil and bake 5 to 10 minutes more to dry. Refrigerate and slice.

Elvira Holding

FRENCH FRIED HOT DOGS

1 c. pancake mix
2 Tbsp. corn meal

1 Tbsp. sugar
2/3 c. water

Wash and dry wieners. Cut wieners in half. Mix batter ingredients. Dip wieners and fry in deep fryer until done or brown. Good with mustard or catsup.

Norma Gamblin

FIRST AND TEN CHILI PIE

Fritos
chili

chopped onion to taste
grated cheese

Heat chili and chopped onion. Line casserole with Fritos. Pour chili over Fritos. Sprinkle cheese over top. Again layer Fritos. Pour chili over this. Sprinkle cheese over top. Warm in a 350° oven until cheese is melted. Serve hot.

Lisa Walker

MEXICAN CASSEROLE

1 medium onion
1 lb ground beef
3 1/2 Tbsp. chili powder
1 1/2 tsp. salt
1 tsp. cumin
1 c. grated Cheddar cheese

1/8 tsp. pepper
1 c. refried beans
6 corn tortillas
1 c. sour cream
1/2 c. water

Cook ground beef until brown. Spoon off fat; add onion, chili powder, salt, cumin, pepper and water. Cook until water evaporates. Stir in refried beans. Remove from heat. Place 2 tortillas on bottom of baking dish. Spread 1/2 meat on tortillas. Spread sour cream on top. Place 2 tortillas on top. Spread remaining meat evenly. Sprinkle half the cheese. Place last 2 tortillas on top and sprinkle remaining cheese. Bake at 350° for 1/2 hour.

Ann Spodnick

CORNY DOGS

1 lb. wieners
 2/3 c. meal
 1 c. flour
 1 1/2 tsp. baking powder

1 Tbsp. sugar
 1 tsp. salt
 3/4 c. milk
 1 egg

Boil wieners and drain. Insert sticks. Mix other ingredients. Roll wieners in batter. Drop in hot fat, fry until golden brown.

Lisa Jacobs

SMOTHERED PORK CHOPS

6 pork chops, trimmed
 1/2 medium onion, sliced
 1/2 c. milk

3 medium potatoes, peeled and sliced
 1 can cream of mushroom soup
 salt and pepper to taste

Flour chops and brown on both sides. Mix soup, milk, salt and pepper until well blended. Layer chops, potatoes, onion and soup mixture. Bake at 275° until chops and potatoes are tender. Add liquid as needed during cooking time. Beef bouillon is good to add as needed.

Teri Walls

TUNA CASSEROLE

1 can cream of celery soup
 1/2 c. milk
 2 c. cooked noodles
 2 Tbsp. chopped parsley

2 Tbsp. diced pimento
 2 can tuna, drained and flaked
 2 Tbsp. buttered bread crumbs

In a 1 1/2 quart casserole combine soup and milk, stir in noodles, parsley, pimento and tuna. Bake at 400° for 25 minutes or until hot; stir. Top with bread crumbs; bake 5 minutes more. Makes about 4 1/2 cups.

Julinda Johnson

STUFFED GIANT SHELLS

1 lb. ground chuck
 1 large onion, chopped
 1 clove garlic, chopped
 8 oz. Mozzarella cheese,
 coarsely shredded
 1/2 c. Italian style bread
 crumbs

1/4 c. chopped parsley
 1 egg
 salt and pepper
 18 giant shells (macaroni)
 2 (15 1/2 oz.) jars spaghetti
 sauce*
 1/2 c. grated Parmesan cheese

*You may use your own spaghetti sauce.

In a skillet brown chuck, onion and garlic until chuck is crumbly. Drain excess fat. Cool. Stir in cheese, crumbs, parsley and egg. Season to taste with salt and pepper. Cook shells in boiling salted water until almost tender, about 15 minutes. Drain. Use meat mixture to stuff shells. Spoon 1/4 of sauce over the bottom of a 9 x 13 x 2-inch baking pan. Place shells on top of sauce side by side in a single layer. Pour remaining sauce over shells. Sprinkle with cheese. Bake in a preheated hot 400° oven for 20 to 25 minutes or until casserole is brown and bubbly. Serve; sprinkle with additional grated cheese if desired.

Ann Spodnick

ROUND STEAK ROLL-UP

1 medium boneless round steak
prepared mustard
4 to 5 slices bacon

1 pkg. Lipton onion soup mix
1 can Campbell's golden
mushroom soup

Lay steak on large piece foil; lightly cover with mustard. Layer with bacon, then onion soup mix. Roll steak up and place seam side down on foil. Cover with golden mushroom soup. Roll up in foil sealing the ends so no juices get out. Bake at 350° for 3 1/2 hours.

Cathy Burrows

LOUISIANA RED BEANS AND RICE

1 lb. red or kidney beans
2 qt. water
1 ham bone
2 lb. smoked sausage
3 cloves garlic
1 1/2 c. onions

2/3 c. chopped green pepper
1 bay leaf
1/4 tsp. Tabasco
1 tsp. Worcestershire sauce
salt to taste
3 c. cooked rice

Place beans in large pot; cover with water; add ham bone and boil about 45 minutes on medium heat. Then add sausage, cut into 1 inch slices. Cover and cook 1 hour; add garlic, onions, green pepper and bay leaf. Continue cooking until beans are soft. Add Tabasco sauce, Worcestershire and salt. Simmer about 5 minutes. Remove bay leaf and serve over rice.

Joy Legg

CHICKEN BITES

4 chicken breasts	1/4 tsp. paprika
1 beaten egg	1/4 tsp. dry mustard
1/2 c. Milnot	1/8 tsp. thyme
1 1/2 c. flour	1/8 tsp. marjoram
1/2 tsp. salt	1/4 tsp. M.S.G.
1/2 tsp. baking powder	1/4 tsp. turmeric
1/4 tsp. black pepper	1/4 tsp. smoke flavored salt
1/2 tsp. garlic salt	

Remove skin from chicken breasts and cut meat into small pieces while still slightly frozen. Beat eggs and Milnot together until smooth. Sift flour and spices together. Dip chicken in milk mixture, then in flour mixture to coat. Fry in deep fat until golden brown.

Krista Harper

HOT SAUCE FRIED CHICKEN

1 fryer, cut up	salt
1 (3 oz.) bottle Louisiana hot sauce	self-rising flour
garlic powder	Crisco

In a large bowl, season chicken with garlic powder and salt. Add hot sauce, stir well. Stir in enough flour to coat the chicken well. Heat Crisco in heavy pan. Dip each piece of chicken in dry flour. Deep fry until golden brown.

Joy Legg

CHILI-GHETTI

2 Tbsp. margarine or butter	2 (15 oz. each) cans chili
1 clove garlic, minced	3 c. shredded Cheddar cheese
3/4 c. chopped onion	1 c. sour cream
1 lb. ground beef	16 oz. spaghetti, cooked
1 lb. can tomatoes	1/4 c. grated Parmesan cheese

Melt butter or margarine in 12-inch skillet. Brown garlic, onion and beef. Drain off fat, then add tomatoes and chili; simmer about 45 minutes. Remove skillet from heat and stir in Cheddar cheese until melted. Fold in sour cream. Heat to serving temperature. Serve over hot cooked spaghetti. Top with Parmesan cheese. Yields 10 to 12 servings.

Elvira Holding

SWEDISH MEAT BALLS

2 lb. ground beef	1 c. jelly (any flavor)
2 envelopes onion soup	1 c. catsup

Mix ground beef and onion soup mix. Form in small round balls 1 to 1 1/2 inches. Brown in skillet. After meat is browned drain off grease. Combine jelly and catsup. Pour mixture of jelly and catsup over browned ground beef. Cover and simmer 30 minutes or until mixture thickens.

Linda Curtis

HAMBURGER PATTIES IN GRAVY

1 pkg. onion soup mix	flour
1 lb. hamburger	water
1/4 tsp. garlic	salt

Mix hamburger and soup mix. Make into patties. Roll patties in flour. Brown in fat. Remove patties from skillet. Make a thin gravy using shortening, flour and water. Make enough gravy to cover patties. Add patties to gravy. Add 1/4 teaspoon garlic powder. Simmer until done. Stir to keep from sticking to skillet. Gravy will thicken. (Brown flour in fat then add water).

Bessie Holding

GROUND BEEF CASSEROLE

4 large potatoes, sliced	1/2 c. rice
1 lb. ground beef	salt and pepper to taste
1 medium onion, chopped	1 can tomatoes

Arrange potatoes in large greased baking dish. Mix together beef, rice and onion with salt and pepper. Cover potatoes with meat mixture. Top with tomatoes. Bake at 350° for 1 hour. Makes 6 servings.

Nova Hancock

MEAT LOAF

3 lb. hamburger	1/2 c. chopped bell pepper
2 eggs	pepper to taste (optional)
1 c. tomato sauce	1/2 tsp. salt
1 c. crackers	1 tsp. chili powder (optional)
1/2 c. chopped onion	

Mix all ingredients together. Put into baking dish. Bake approximately 30 to 40 minutes in preheated 400° oven.

Carolyn Sue Smith

SWISS STEAK

1 1/2 lb. steak
3 Tbsp. shortening
1 c. water
flour
1 onion, sliced

1 tsp. Worcestershire sauce
3 Tbsp. chopped green pepper
1 can tomato sauce
1 1/2 tsp. salt
1/4 tsp. pepper

Put flour on steak; pound in with edge of plate. Cook onions and green peppers in fat until tender. Brown steak in fat. Add rest of ingredients. Cover and simmer until meat is tender.

Joy Taylor

POT LUCK TUNA

3 Tbsp. butter
1/4 c. chopped celery
3 Tbsp. chopped onion
3 Tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper

1 1/2 c. milk
1 1/2 c. Cheddar cheese,
shredded
1 (7 oz.) can tuna
1 pkg. frozen peas/carrots,
cooked and drained

Melt butter in 2 quart saucepan. Saute celery and onion. Stir in flour, salt and pepper. Remove from heat. Gradually stir in milk. Cook over medium heat, stirring constantly until thickened. Cook two more minutes. Add cheese, tuna and vegetables. Pour into casserole. Bake 20 to 25 minutes.

Ann Taylor

TACO BURGERS

1 lb. hamburger
1 (10 oz.) can tomatoes and
green chilies

1 pkg. taco seasoning mix
1/4 c. water
1 tomato, peeled and chopped

Brown hamburger. Drain off fat. Stir in tomatoes/green chilies, taco mix and water. Simmer until thick. Stir in tomatoes, heat. Spoon onto hamburger buns. Top with shredded cheese and lettuce.

Carolyn Sue Smith

ITALIAN PORK CHOPS

6 pork chops	2 Tbsp. water
1 (8 oz) can tomato sauce	1 envelope onion
1/2 c. chopped green peppers	gravy mix

Trim fat from chops, heat fat in skillet until grease is accumulated. Salt chops and brown on both sides. Combine other ingredients and pour over chops. Cover and simmer until chops are tender.

Bessie Holding

GOULASH

1 lb. hamburger meat	1 small bell pepper, chopped
1 small chopped onion	1 can corn, drained
1 can tomatoes	1 can sweet peas, drained
salt and pepper to taste	small bag macaroni, cooked

Cook in saucepan at full boil; just until meat is done meat, onion, tomatoes, salt and pepper. Then add bell pepper, corn, peas and macaroni. Sprinkle with grated cheese and steam.

Norma Gamblin

POTATO BOATS

6 slices bologna	Cheddar cheese, grated
1 small onion, grated	cream potatoes
4 slices bacon, crumbled	

Fry bologna until it forms a cup. Add onions and bacon to potato mixture; mix well. Spoon into cups. Sprinkle cheese on top. Place in pan. Bake until cheese melts. Serve hot.

Bessie Holding

MEXICAN CHICKEN CASSEROLE

1 stewed chicken, deboned	1 onion, chopped
1 can cream of chicken soup	corn tortillas
1 can cream of mushroom soup	grated cheese
1 (3 oz) can chopped green chilies	

Stew chicken and debone. Mix soups, chicken, chilies and onion together. Place a layer of tortillas. Place a layer of soup and chicken mixture. Place a layer of cheese next. Alternate layers ending with chicken mixture. Bake about 25

minutes at 350° or until bubbly. Place a layer of grated cheese on top and put back in oven just until the cheese melts.

Joy Legg

MEATBALLS

1 lb. ground meat	1 onion, chopped
2 eggs	1/4 tsp. garlic powder
1/2 c. bread crumbs	1/2 tsp. salt
4 Tbsp. water	

Combine all ingredients. Form into balls. Brown in fat. Drain off fat. Cover with sauce and cook on low heat for about 30 minutes.

Sauce:

1 tsp. sugar	16 oz. tomato paste
3/4 tsp. salt	1/2 onion, chopped
1 Tbsp. butter	1/2 c. mild taco sauce
1 1/2 c. water	

Combine all ingredients in a saucepan and cook 10 minutes slowly, stirring. Pour over meatballs and cook slowly about 30 minutes.

Bessie Holding

MEXICAN CASSEROLE

1 lb. ground beef	2 cans cream of mushroom soup
1 onion, chopped	1 lb. Velveeta cheese, grated
2 small cans green chilies, chopped	1 (15 oz.) can tomatoes 8 oz corn chips

Brown meat and onions. Drain. Combine soup, tomatoes and chilies. Layer chips in bottom of casserole dish. Add cheese (reserve some cheese for topping), then 1/2 meat, mix. Top meat with soup mixture (1/2). Repeat layer and top with cheese. Bake at 350° for 20 minutes. Serve with chips.

Juanita Branson

BARBECUE BRISKET

1 (48 oz) bottle Kraft barbecue sauce	1 Tbsp. each onion salt and garlic salt
1/4 c. liquid smoke	3 to 4 lb. brisket
2 Tbsp. Worcestershire sauce	

Place brisket on heavy duty foil. Pour liquid smoke and Worcestershire sauce over meat and sprinkle with salts. Seal and refrigerate overnight. Cook for 5 hours in a 250° oven. Open foil and add barbecue sauce, about 1/2 bottle. Bake uncovered 1 hour at 250°. Cover with rest of barbecue sauce and seal up. Bake at 300° to 325° for 1 hour more. Slice to serve.

Mary Brown

FLORENTINE MANICOTTI

1/2 c. chopped onion	1/2 c. Parmesan cheese
1 clove garlic, minced	3 eggs, beaten
1 Tbsp. oleo	1 Tbsp. lemon juice
2 (10 oz.) pkg. frozen chopped spinach	1 tsp. salt
1 lb. Ricotta or cottage cheese	12 large manicotti noodles, cooked
1/2 c. Mozzarella cheese, grated	1 (16 oz.) jar spaghetti sauce

Saute onion and garlic in oleo. Cook spinach and drain. Combine spinach with onion and garlic, cheeses, eggs, lemon juice and salt. Mix all together. Stuff noodles with spinach mixture. Place in 13 x 9-inch dish. Cover and bake at 350° for 40 minutes. Heat sauce and pour over noodles; sprinkle with extra Parmesan cheese. Serve with garlic bread. Makes 6 servings.

Teri Walls

PIZZA-GHETTI

1 c. pepperoni slices	1/2 c. Parmesan cheese
1/2 c. chopped onion	1/2 c. Mozzarella cheese, grated
1/2 c. green pepper, chopped	1/2 c. chopped tomato
7 oz spaghetti, cooked and drained	1 tsp. oregano
1/2 c. canned mushroom pieces	

Fry pepperoni until edges curl. Add onion and pepper. Cook until tender. Toss with spaghetti. Combine remaining ingredients and add to spaghetti mixture. Heat thoroughly. Sprinkle with additional Parmesan cheese. Serve with garlic bread. Serves 4 to 6.

Anna Terry

QUICK HAM CASSEROLE

2 Tbsp. oleo, melted	1/4 tsp. garlic powder
3/4 tsp. onion powder	1 c. cooked chopped ham
2 c. corn flakes, crushed to make 1 c.	1 small can sliced mushrooms, drained
1 can Cheddar cheese soup	4 c. cooked noodles
1 c. milk	

Lightly grease 1 1/2 quart baking dish. Combine butter, 1/2 onion powder and cornflake crumbs. Toss to coat evenly. Set aside. Combine remaining ingredients. Turn into baking dish. Sprinkle with crumb mixture. Bake at 350° for 30 minutes.

Nora Hancock

SWEET AND SOUR MEAT LOAF

1 lb. hamburger	2 Tbsp. minced onion
1/2 c. milk	2 Tbsp. mustard
1 egg	1/4 tsp. salt
1/4 tsp. Worcestershire sauce	

Topping:

1/2 c. ketchup	3 Tbsp. brown sugar
1 c. water	1 Tbsp. mustard
1/4 tsp. salt	

Bake at 250° for 1 hour and 15 minutes.

Ann Spodnick

FRIED RICE WITH PORK CHOPS

grated carrots	rice
bell pepper	pork chops
onion	soy sauce

Grate all vegetables, boil rice; fry chops. In pan with fried chops, add vegetables and cook until tender. Then add to cooked rice. Then add soy sauce to taste. Use the amount desired.

Norma Gamblin

CRISPY OVEN-FRIED MEXICAN CHICKEN

2 1/4 lb. chicken parts, skinless	1/2 tsp. salt
2 oz sharp Cheddar cheese, grated	1/2 tsp. pepper
1 1/2 oz. corn flake crumbs	1/2 tsp. chili powder
1 tsp. garlic powder	1/2 tsp. paprika
	1/2 tsp. oregano leaves
	1/2 tsp. ground cumin

Marinade:

1 c. V-8 juice	1/4 tsp. hot sauce
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In a shallow pan (not aluminum) mix V-8 juice and hot sauce. Add chicken. Marinate. Leave at room temperature for 30 minutes. Turn often; drain. Mix remaining ingredients. Add chicken parts until coated. Put into nonstick pan or cookie sheet. Put remaining crumbs over chicken. Bake at 375° for 1 hour.

Dorothy Best

HAM AND BROCCOLI CASSEROLE

2 (10 oz.) boxes frozen chopped broccoli	8 oz. Velveeta cheese
2 c. diced cooked ham	1/4 c. milk
1 can cream of mushroom soup	Ritz or Club crackers

Cook broccoli according to package directions. Drain well. Turn into bottom of buttered 13 x 9-inch dish. Mix soup into broccoli. Melt cheese with milk over low heat. Sprinkle ham over broccoli. Top with cheese sauce. Crush Ritz or Club crackers and sprinkle on top of mixture. Bake at 350° until casserole is heated through.

Teri Walls

MEAT LOAF

2 1/2 lb. ground beef (lean)	garlic salt
small onion	2 eggs
small bell pepper	2 small cans tomato sauce
salt	picante sauce (medium)
pepper	catsup

Dice onion and bell pepper; add all ingredients except catsup to ground beef. I use about 1/2 cup picante sauce. Cook at 350°, draining excess fluids. I slice the meat loaf

when it is done, add the catsup to the top and cook a few minutes longer, draining again before I serve it.

Donna Hancock

LASAGNE

1 lb. ground beef	1 pkg. spaghetti sauce mix
2 tsp. seasoned salt	8 oz. lasagne noodles
2 cloves garlic, crushed	1/2 lb. Mozzarella cheese, sliced
1/4 tsp. pepper	1 c. Ricotta cheese
3 (15 oz.) cans tomatoes	1/2 c. grated Parmesan cheese
1 (8 oz.) can tomato sauce	

Brown beef in 3 quart saucepan. Add salt, garlic and pepper. Cook uncovered 10 minutes. Stir in tomatoes, tomato sauce and sauce mix. Cover and simmer 30 minutes. Cook noodles. Drain and lay out on foil. Pour 2 cups of sauce on bottom of baking dish. Layer 1/2 noodles on top of meat sauce. Repeat layer and top with Parmesan cheese. Bake at 350° for 25 minutes.

Norma Gamblin

CHICKEN POT PIE

1 Tbsp. margarine	2 c. cooked, cubed chicken
1 large onion, chopped	1 (10 3/4 oz.) can cream of chicken soup
1 c. carrots, diced	1/2 c. milk
1 can (small) English peas	1/2 c. shredded Cheddar cheese
1/4 tsp. dried thyme leaves, crushed	1 pie crust

Cook onion and carrots with thyme in butter until tender. Stir often. Stir in chicken, soup, peas and milk. Put in baking dish. Sprinkle with cheese. Press crust to fit over dish. Crimp edges. Bake at 325° for 45 minutes to 1 hour.

Carolyn Hancock

DUMPLINGS

2 c. flour	1 c. milk and 1 egg, mixed together
3 tsp. baking powder	
1 tsp. salt	
6 Tbsp. shortening	1 can cream of chicken soup

Sift together flour, baking powder and salt; cut in shortening with pastry cutter. Add milk and egg mixture. Mix thoroughly. Drop by tablespoons into chicken broth mixed with

1 can cream of chicken soup. Bring to a boil before dumplings are added. Simmer covered about 5 minutes. Lift from broth and serve immediately. Salt and pepper to taste.

Laila Pilgrim

TURNIPS AND PORK ROAST

pork roast
turnips
salt
pepper

garlic salt
sugar
butter

Cook roast and turnips separately until the roast is done. Don't start the turnips until the roast is nearly done. Cook pork roast. I usually boil it after seasoning with salt, pepper and garlic salt. Do no cook until real tender. Cut up turnips; add water, cook to boiling, turn down heat and add pork roast cooking together until turnips are done. Remove roast, drain water from turnips. Mash turnips and add salt, pepper, *sugar and butter to taste.

*Note: I use very little sugar.

Donna Hancock

MY ORIGINAL MEXICAN CASSEROLE

2 lb. ground chuck
1 large onion
2 (8 oz.) cans tomato sauce
2 cans Ranch Style beans

2 cans Ranch Style Spanish rice
2 pkg. taco seasoning mix
1 lb. grated Cheddar cheese
garlic powder to taste

Brown meat and onion. Drain fat. Add tomato sauce and taco seasoning and garlic powder. Let simmer 15 minutes. Mix beans and rice in a bowl. Add 1/2 of grated cheese to meat mixture and simmer until cheese melts. Layer beans and rice mixture in bottom of casserole dish. Top with meat mixture. Stir carefully to mix. Top with grated cheese and heat until melted. Makes a large casserole. Freezes well.

Bessie Holding

CHILI

3 lb. hamburger	1 Tbsp. salt
1/4 c. oil	2 qt. water
1 c. chopped onion	3 c. chopped canned tomatoes
1 tsp. garlic powder	2 Tbsp. flour
4 Tbsp. chili powder	2 Tbsp. corn meal
1 Tbsp. cumin seed	

Brown beef in oil with onion and garlic; add chili powder, cumin, salt and water. Cook for 45 minutes. Add tomatoes and cook for 45 minutes to 1 hour. Add flour and corn meal and cook until thickened. Serve with pinto beans, rice, noodles or as taco or enchilada filling.

Ann Spodnick

CHICKEN CASSEROLE

1 medium chicken	1 small onion
2 cans cream of chicken soup	1 can Ro-Tel tomatoes
2 cans cream of mushroom soup	1 medium bag taco Doritos
1 small bell pepper	1 large pkg. Cheddar cheese

Boil chicken and pick from bone. Dice up bell pepper and onion. Mix soups, pepper, onion, chicken, tomatoes and chips in casserole dish. Grate cheese over top. Bake at 350° until hot and cheese is melted.

Norma Gamblin

BEEF JERKY

large roast	lemon pepper
2 bottles liquid smoke	

Cut roast into thin strips. Soak in liquid smoke overnight in closed container. Take out of liquid and sprinkle with lemon pepper. Put toothpicks on each end of meat strips. Hang on oven rack. Cook overnight at lowest temperature.

Carolyn Hancock

HAMBURGER CASSEROLE

3 lb. hamburger	1 lb. Cheddar cheese, shredded
2 cans cream of mushroom soup	1 pkg. Tater Tots
4 medium onions, chopped	

Heat hamburger meat until white; mix in chopped onions

and soup. Stir well. Pour into casserole. Sprinkle cheese over meat. Top with Tater Tots. Bake 1 1/2 hours at 350°.

Bessie Holding

SOUR CREAM CHICKEN CASSEROLE

3 to 4 c. Fritos
3 c. diced cooked chicken
1 c. mild green chilies,
chopped and drained
1 c. chopped onions
2 c. grated American cheese

1/2 tsp. salt
1/4 tsp. white pepper
1/4 tsp. ground cumin
1 clove garlic, minced
1 1/2 c. sour cream

Grease a 13 x 9 x 2-inch casserole. Place 2 1/2 to 3 cups Fritos to cover bottom of casserole. Add chicken as a second layer. Blend chilies, onions, salt, pepper, cumin and garlic. Spread over chicken. Spread cheese over chile mixture. Cover with sour cream. Bake covered at 325° for 30 minutes. Uncover; add remaining chips and continue baking 15 to 20 minutes or until hot and bubbly. Makes 4 to 6 servings.

Ruth Anderson

CRUNCHY FRIED FISH

2 lb. fish fillets
1 c. flour
2 tsp. baking powder
1 tsp. salt
1 egg yolk

1 c. lukewarm water
1 Tbsp. oil
1 egg white, stiffly beaten
oil for frying

Dry fish thoroughly. Salt and pepper to taste. Combine dry ingredients in bowl. Add egg yolk, water and oil. Stir well. Fold egg white into batter. Dip fish in batter. Fry in 370° oil until golden brown.

Teri Walls

SEAFOOD GUMBO

1/2 c. oil or bacon grease
1/2 c. flour
1 large onion, chopped
1 stalk celery, chopped
1 large green pepper, chopped
3 cloves garlic, minced
8 c. water
2 c. sliced okra

2 Tbsp. salt
1 tsp. hot sauce
1/2 lb. crab meat
1 1/2 lb. shrimp
1/2 c. chopped parsley
1/2 c. green onions with top,
chopped
3 tomatoes, peeled and chopped

Combine oil and flour in large cast-iron Dutch oven or

pot, over medium heat. Cook, stirring constantly, 10 to 15 minutes until roux is the color of a dirty penny. Add onion, celery, pepper and garlic to roux. Cook, stirring constantly, until vegetables are tender. Allow roux to get very dark brown, but do not let roux burn! Reduce heat if necessary. If it burns, start over. Gradually add water in small amounts. Blend well after each addition. Add okra and tomatoes. Bring to a boil. Reduce heat and simmer about an hour. Stir in salt, pepper sauce and seafood. Bring to a boil, then simmer 10 minutes; add parsley and green onions, simmer 5 minutes longer. Serve over hot cooked rice. Add file powder at the table as desired.

*Do not add file to gumbo which is to be reheated. Use at the table. Use any meat or seafood desired in this recipe (i.e. chicken and smoked sausage, shrimp and chicken).

Teri Walls

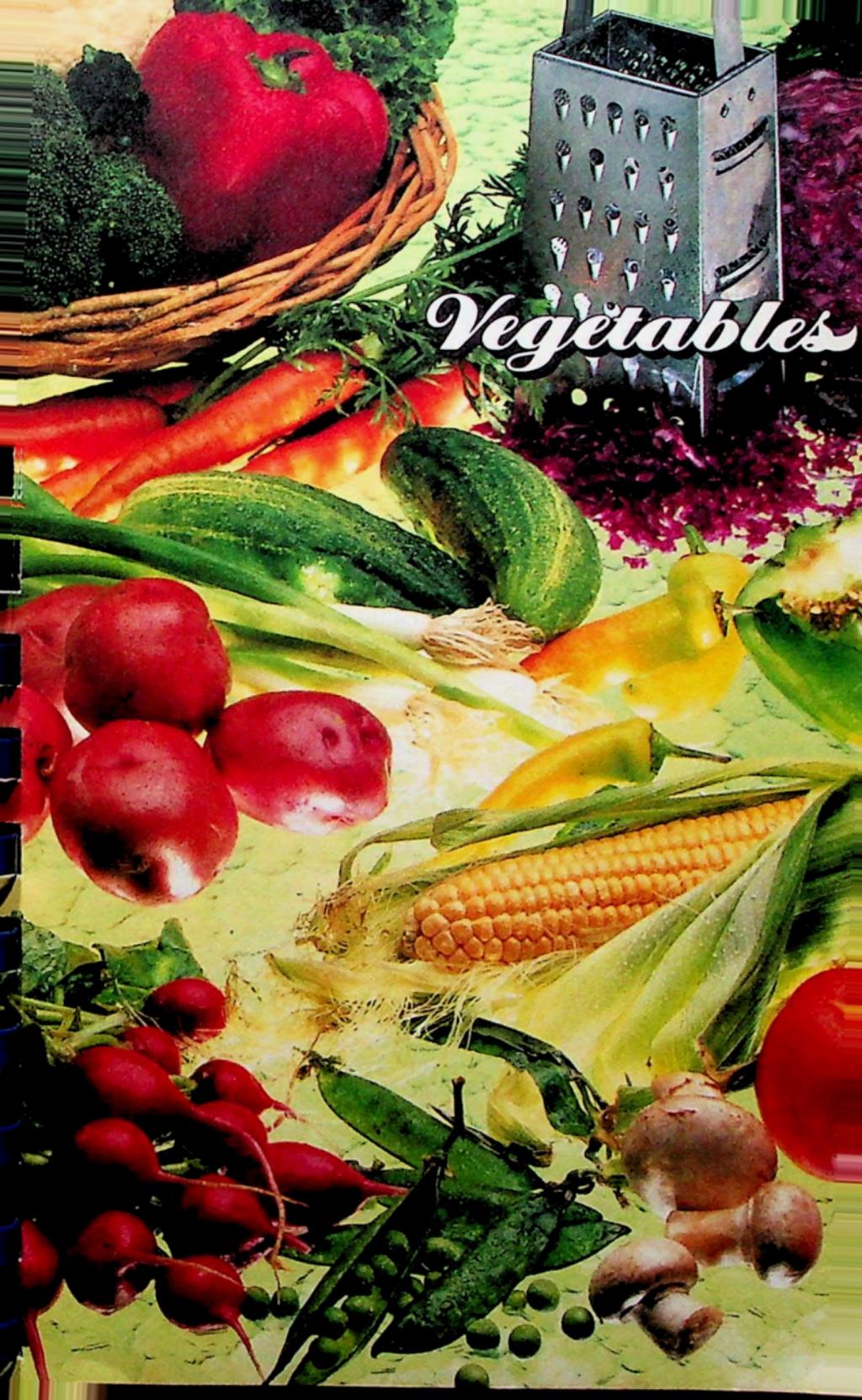
QUICHE

8 slices cooked crumbled bacon	1 c. half and half
4 oz. grated Swiss or American cheese	1/2 tsp. salt
3 green onions with tops, chopped	1/8 tsp. pepper
4 eggs	1/2 c. frozen chopped spinach deep dish pastry shell

Prepared bacon. Save 2 crumbled slices for garnish. Prepare pie shell in deep pie plate. Bake 5 minutes in hot oven. Cool. Sprinkle bacon in bottom of crust. Sprinkle cheese and chopped onion over bacon. Thaw 1/2 cup chopped spinach. Squeeze out all liquid. Sprinkle over cheese. Beat eggs well. Beat in half and half and seasonings. Pour over ingredients. Bake at 350° until quiche is set and crust browned. Let stand 5 minutes before cutting. Garnish with bacon.

Teri Walls

<<< Extra Recipes >>>



Vegetables

How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the

special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

VEGETABLES

OKRA PATTIES

3 c. okra	salt
4 Tbsp. flour	pepper
6 Tbsp. cornmeal	

Slice and boil okra in a little water until tender. Drain well. Add salt and pepper to taste. Mix well with flour and cornmeal. Fry in very hot grease. (If mixture is thin, add more flour and meal.)

Carolyn Hancock

CORN CASSEROLE

1 large onion, chopped	1 small jar pimentos
1 small bell pepper, chopped	1 stick oleo
2 (15 oz.) cans cream style	grated cheese
corn	paprika
2 tsp. sugar	1 1/3 c. cooked rice
salt and pepper to taste	

Brown onion and pepper in oleo. Add corn, rice, pimento, sugar, salt and pepper. Beat in egg. Sprinkle with grated cheese and dust with paprika. Bake 30 minutes at 350°.

Helen Morgan

MONTANA BEANS

1 lb. hamburger	1/4 c. pepper juice
2 cans Ranch beans	1 tsp. chili powder
2 cans vegetable soup	dash of salt and pepper
1 mild banana pepper	

Fry meat, then add rest of ingredients. Boil 20 to 30 minutes.

Norma Gamblin

GREEN BEAN CASSEROLE

2 (15 oz.) cans green beans	1/4 c. Parmesan cheese
1 can cream of mushroom soup	1 can French fried onion rings

Butter large casserole dish (glass). Combine green

beans with soup and Parmesan cheese. Turn into baking dish and top with onion rings. Bake at 350° for 20 to 30 minutes.

Teri Walls

LITE AND CHEESY BROCCOLI CASSEROLE

1 pkg. chopped frozen broccoli	1/4 c. oleo, melted
1 c. sour cream	2 eggs
1 c. cottage cheese	1/4 c. grated Parmesan cheese
1/2 c. Bisquick	

Heat oven to 350°. Lightly grease 8 x 8-inch baking dish. Spread broccoli in dish. Beat sour cream, cottage cheese, Bisquick, oleo and eggs for 1 minute. Pour over broccoli. Sprinkle with Parmesan cheese.

Mary Brown

BAKED BEANS

1 large can pork and beans	1 tsp. mustard (prepared)
1/2 onion, grated	1/2 c. brown sugar
8 sliced bacon	1/2 c. catsup

Brown bacon and onion in skillet. Mix all ingredients together and bake half hour in a 375° oven.

Carolyn Hancock

NEW POTATOES WITH DILL

2 Tbsp. soft butter	1/8 tsp. hot sauce
1 Tbsp. dill, chopped	1 lb. new potatoes (small with jackets on)
1 Tbsp. lemon juice	1 Tbsp. green onion, chopped
salt to taste	
pepper	

Drop potatoes into boiling water for 10 to 15 minutes; drain. Slice into a bowl or platter. Top with dill butter mixture. Sprinkle with green onion.

Dill Butter Mixture: Combine butter, dill, lemon juice, salt, pepper and hot sauce.

Carolyn Hancock

ASPARAGUS CASSEROLE

1 can cream of mushroom soup	3 boiled eggs, chopped
2 cans asparagus spears	1 c. coarsely crushed crackers (Ritz)
1 can Cheddar cheese soup	

In an 8 x 8-inch Pyrex dish, spread the mushroom soup to cover the bottom. Arrange asparagus over soup. Pour cheese soup over asparagus. Sprinkle chopped eggs over soup, then top with cracker crumbs. Bake at 350° until hot and bubbly.

Bessie Holding

POTATO CASSEROLE

2 lb. bag frozen hash browns
1 can cream of chicken soup
1 (6 oz.) sour cream

1 small onion, chopped
1 (8 oz.) pkg. Cheddar cheese
salt and pepper to taste

Topping:

1/4 c. butter, melted

1 c. corn flakes, crushed

Defrost hash browns and mix with soup, sour cream, onion, cheese, salt and pepper. Turn into greased 13 x 9-inch dish. Combine butter and corn flakes and sprinkle over potatoes. Bake 1 hour at 350°.

Helen Morgan

FRESH FRIED GARDEN VEGETABLES

2 large potatoes, sliced
1 large squash, sliced
2 c. okra, sliced
1 bell pepper, cut up

3 or 4 small green onions, cut up (with blades)
salt to taste
black pepper

Roll squash and okra in mixture of flour and corn meal. Add all ingredients to hot skillet of cooking oil or butter. Cook to desired tenderness. Better if steam cooked. Can add anything desired.

Ruth Anderson

MARINATED MIXED VEGETABLES

2 to 3 medium tomatoes, quartered
1 onion, sliced
cauliflower
1 cucumber, sliced

celery, chunked
2 carrots
1 bottle Italian dressing
1 bell pepper, sliced

Combine all vegetables. Cover with dressing. Refrigerate.

Kay Norris

SQUASH CASSEROLE

2 lb. yellow squash
 1/4 tsp. salt
 2 eggs, separated
 1 carton sour cream
 2 Tbsp. flour

1 1/2 c. grated Cheddar cheese
 4 slices bacon, crumbled
 1/3 c. finely crushed cracker
 crumbs
 1 Tbsp. melted butter

Trim ends off squash. Boil until tender-crisp. Drain and cool; cut in thin slices. Sprinkle with salt. Beat egg yolks; stir in sour cream and flour. Beat egg whites until stiff; fold into yolk mixture. Layer 1/2 of squash, egg mixture and cheese in baking dish. Sprinkle all bacon over egg mixture. Repeat layer of squash, egg and cheese. Combine cracker crumbs and butter. Sprinkle over top. Bake at 350° for 20 to 25 minutes.

Bobbie Gentry

SWEET POTATO CASSEROLE

3 c. mashed sweet potatoes
 1 c. sugar
 1/2 c. butter

1 Tbsp. vanilla
 1/3 c. milk
 2 eggs

Topping:

1 c. light brown sugar
 1 c. pecans

1/3 c. flour
 1/3 c. butter

Mix ingredients and put in greased casserole dish. Mix topping ingredients together until crumbly and sprinkle on top. Bake for 25 to 30 minutes at 350°.

Helen Morgan

FRAGRANT ONION FLOWER

1 large white onion
 2 Tbsp. margarine

3 Tbsp. sugar
 food color to enhance meal

Slice onion from top to 1/3 of onion depth from bottom. Slice across and then crisscross to form flower. Place on piece of foil large enough to completely wrap. Drop food color of choice among petals. Place margarine atop onion. Sprinkle on sugar. Wrap and place on barbecue grill and grill 15 to 20 minutes.

Linda Curtis

FRENCH FRIED SQUASH

fresh squash
cornmeal

egg
salt

Slice green or yellow squash French fry style. Dip in beaten egg and roll in corn meal. Fry in hot grease. Salt to taste.

Linda Curtis

OKRA TWIST

sliced fresh okra
sliced apple

2 eggs, beaten
white cornmeal

Dip okra and apple in egg, then roll in cornmeal. Fry in skillet of hot grease. Salt to taste.

Linda Curtis

RICE CASSEROLE

2 c. cooked rice
1 can chopped green chiles
(mild or hot)

sour cream
sharp Cheddar cheese

Layer in casserole dish: rice, sour cream, chiles and cheese. Repeat layers. If rice is dry, use a little juice from chiles to moisten. Heat through in moderate oven. Top with cheese and return to oven until cheese melts.

Jackie Goldsmith

MEXICAN HOMINY

2 cans hominy with pimentos,
drained
1 small jar Cheez Whiz with jalapenos

1 can cream of mushroom soup
1 small onion, chopped

Mix all ingredients together and bake 20 minutes at 350°.

Myra Morgan

BROCCOLI CASSEROLE

2 c. broccoli
1 c. chopped celery
1 c. chopped onion
3 Tbsp. butter

1 can cream of chicken soup
1/2 c. milk
2 c. cooked rice
1 1/2 c. grated cheese

Combine ingredients in casserole dish. Bake at 350° for 20 to 30 minutes. Makes 6 to 8 servings.

Norma Gamblin

BROCCOLI CASSEROLE

1 bag frozen broccoli spears
1 jar Cheez Whiz
1 can cream of mushroom soup

rice (about 2 to 3 c.), cooked
bread crumbs

Top with bread crumbs. Precook rice and broccoli; mix all ingredients and bake in a 375° oven for 15 to 20 minutes.

Susan Hancock

RANCH STYLE POTATOES

4 medium potatoes
salt to taste
2 to 3 Tbsp. shortening
4 green onions with tops,
chopped

1 (4 oz.) can green chilies,
diced
dash of garlic
1 c. Cheddar cheese, shredded

Peel and slice potatoes 1/4 inch thick. Bring 1 3/4 cups water to boil in a 10 inch skillet. Add potatoes and salt. Cover and cook over medium heat just until tender (approximately 12 minutes). Drain. Heat shortening in skillet. Add onions, chilies and garlic. Cook 2 minutes. Add potatoes. Cover and cook until potatoes brown (approximately 10 minutes), stirring occasionally. Sprinkle with cheese. Cover; cook just until cheese is melted.

Carolyn Hancock

MEXICAN SQUASH

3 to 4 yellow squash
2 large onions, chopped
2 Tbsp. butter
1/4 lb. Velveeta cheese

1 can chopped green chilies,
drained
1 c. grated Cheddar cheese
Doritos corn chips

Parboil cut up squash. Drain well. Saute onions in butter until onions are clear. Add Velveeta to onion and cook over low heat until mixture is thick and creamy. Stir in squash and chiles. In a greased casserole dish place Doritos

corn chips to cover bottom. Add squash mixture and top with Cheddar cheese. Bake at 350° until bubbly and heated through.

Juanita Branson

EASY SCALLOPED POTATOES

32 oz. pkg. frozen hash
browns, slightly thawed
1 medium onion, chopped
8 oz. Velveeta cheese

1 can cream of chicken soup
1/2 c. butter
1 1/2 tsp. salt
8 oz. sour cream

Melt together cheese, soup and butter; add salt and sour cream. Put hash browns and onion in a 9 x 13-inch pan. Pour soup mixture over potatoes. Bake at 350° for 45 minutes.

Carrie Hancock

WORLD FAMOUS POTATOES

6 potatoes (2 1/2 lb.)
1/2 c. margarine

3/4 c. water
1 pkg. onion soup mix

Cut potatoes into 1/4 inch slices. Melt margarine in water. Add dry onion soup mix. Layer potatoes in a 2 quart casserole. Pour liquid over potatoes and bake at 350° for 1 hour. (Good next day.)

Christa Jacobs

REFRIED BEANS

1 (16 oz.) can pinto beans
cooking oil

picante sauce

Mash beans and juice, well. Heat small amount of oil in iron skillet. Add beans. Stir in picante sauce to taste. Cook until moisture is gone, stirring often. Serves 2 to 4.

Carolyn Hancock

<<< Extra Recipes >>>

A vibrant collage of various baked goods, including a large round loaf of bread, several rolls with poppy seeds, a lattice-topped pie, a small cupcake, a tart with cherries, and a tray of croissants. The items are arranged on a red and white checkered surface.

*Breads,
Rolls &
Pastries*

Baking Tips



COMMON PROBLEMS (Common Failures)

Biscuits

Rough biscuits

Dry biscuits

Uneven browning

Breads (yeast)

Porous bread

Crust is dark and blisters just under the crust

Bread does not rise

Bread is streaked

Bread bakes unevenly

Cakes

Cracks and uneven surface

Dry cakes

Heavy cakes

Sticky crust

Coarse grained cake

Fallen cakes

Uneven color

Uneven browning

Cookies

Uneven browning

Soggy Cookies

Excessive spreading of cookies

Muffins

Coarse texture

Tunnels in muffins, peaks in center and soggy texture

Pies

Pastry crumbles

Pastry tough

Pies do not brown (fruit or custard)

CAUSES OF PROBLEMS (Causes of Failures)

Insufficient mixing

Baking in too slow an oven and handling too much Cooking in dark surface pan, too high a temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising

Over-kneading or using old yeast

Under-kneading and not kneading evenly

Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

Too much flour, too hot an oven and sometimes from cold oven start

Too much flour, too little shortening too much baking powder or cooking at too low a temperature Too much sugar or baking too short a period

Too much sugar

Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

Cooling cookies in pans instead of racks

Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a temperature

Over-mixing

Over-mixing flour and shortening

Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

BREADS, ROLLS & PASTRIES

HEAVENLY PIE

1 1/2 c. Cool Whip
juice of 1 1/2 lemons
1 can Eagle Brand milk

1 small can crushed pineapple
1 c. pecans

Mix Eagle Brand milk and juice together and beat well. Let set while draining pineapple and cutting pecans. Then mix all together and pour in baked pie shell, graham cracker crust or pour on crushed vanilla wafers that are lining a long Pyrex dish. Set in refrigerator.

Wanda Cottrell

CREAM PIE

2 1/2 c. milk
2/3 c. sugar
1/4 c. cornstarch
2 egg yolks

1 Tbsp. vanilla
coconut, cocoa, bananas, or
pineapple
1 (9-inch) pie crust, baked

Put milk in saucepan. In small bowl combine sugar and cornstarch; mix well. Put this and egg yolks in milk and beat with electric mixer. Heat on low heat until thick. Remove from heat and put in vanilla. If this is lumpy beat again. Add fruit. (For cocoa) add cocoa with sugar and cornstarch.

Susan Hancock

CREAMY LEMON PIE

3 egg yolks
1 (14 oz.) can Eagle Brand
milk
1/2 c. ReaLemon from
concentrate

few drops yellow food coloring
(optional)
1 (6 oz.) pkg. graham cracker
crumb pie crust
whipped topping or whipping
cream

Preheat oven to 350°. In medium mixing bowl, beat egg yolks; stir in Eagle Brand, ReaLemon and food coloring if desired. Pour into crust; bake 8 minutes. Cool and chill thoroughly. Top with whipped topping. Garnish as desired. Refrigerate.

Norma Gamblin
and LeeAnn Holding

WAFFLES

2 c. flour
4 tsp. baking powder
1 tsp. salt

2 Tbsp. sugar
6 Tbsp. shortening
1 1/2 c. milk

Sift dry ingredients together. Beat eggs; add milk and melted shortening. Add dry ingredients and mix. Waffles for 4.

Bessie Holding

SCRATCH BISCUITS

2 c. flour
1 heaping Tbsp. baking powder*
1 tsp. salt
3 Tbsp. soft shortening or
margarine

milk (add to desired
thickness; may use
buttermilk, if so, add
pinch of soda)

Mix dry ingredients thoroughly; add enough milk to dissolve dry ingredients. Add shortening. Then add more milk if desired. Pour out on floured board. Blend in enough flour to handle dough. Roll out approximately 1 inch thick. Cut out biscuits. Put into greased pans. Bake at 400° until lightly brown. Serve hot.

*Clabber Girl baking powder recommended.

Ruth Anderson

APPLESAUCE SPICE MUFFINS

1 1/2 c. flour
3 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/3 c. sugar

2 c. raisin, rice, and rye
cereal
1/4 c. milk
1 c. applesauce
1 egg
1/4 c. shortening or vegetable
oil

Stir together flour, baking powder, salt, cinnamon, nutmeg and sugar; set aside. Measure raisins, rice and rye cereal, milk and applesauce into mixing bowl. Stir to combine. Let stand about 5 minutes or until cereal is softened. Add eggs and shortening. Beat well. Add flour mixture. Stir only until combined. Dip into greased muffin tins. Bake in a 400°

oven about 25 minutes or until brown. Serve warm. Makes 12 muffins.

Ruth Anderson

STRAWBERRY-BANANA CHEESE PIE

2 (8 oz.) cream cheese
2 c. sugar
1 large Cool Whip
4 ripe bananas

lemon juice
2 deep dish frozen pie crusts
1 qt fresh strawberries
strawberry glaze (in pkg.)

Bake pie crust according to directions; cool. Cream cream cheese and sugar well. Fold in Cool Whip. Slice bananas and sprinkle lemon juice on bananas. Line bottom of baked pie crusts with bananas. Pour cream cheese mixture on top of bananas. Clean and hull strawberries. Make glaze according to directions and add strawberries. You may slice or place whole strawberries on top of cream cheese mixture. If you are leaving whole strawberries on top you will need 2 quarts strawberries. Refrigerate until set.

Ann Spodnick

MEXICAN CORN BREAD

1 c. yellow cornmeal
2 Tbsp. flour
1/2 tsp. salt
1/2 tsp. sugar
1/2 tsp. baking soda
2/3 c. buttermilk

2 Tbsp. pimentos
3 green chili peppers (hot)
1/4 c. cooking oil
1 small can corn (whole)
1 c. grated Cheddar cheese

Drain corn and mix all ingredients together. Bake in a 400° oven until golden brown.

Susan Hancock

YEAST ROLLS

1 pkg. yeast
1 1/2 c. water (warm)
2 Tbsp. sugar

1 tsp. salt
2 Tbsp. shortening or oil
4 c. flour

Dissolve yeast, sugar, water, salt and shortening for 2 to 3 minutes; add flour a little at a time, until you have a firm but not hard dough. Knead on floured board until dough is smooth and doesn't stick to board. Place in greased pan, grease top of dough. Let rise in warm place for 1 hour. Make

into rolls or bread, put in greased pan. Let rise until double in size. Bake at 425° until done.

Susan Hancock

BISCUITS

2 c. sifted flour	1/3 c. shortening
2 1/2 to 3 tsp. baking powder	3/4 c. milk
1 tsp. salt	

Measure sifted flour; add baking powder and salt. Cut in shortening with pastry blender. Stir in with fork, enough milk to make a soft dough, being sure that all flour disappears. Turn out on lightly floured board. Knead gently about 20 times. Put out dough 1/2 inch thick and cut out. Bake at 450° for 12 to 15 minutes.

Teri Walls

PANCAKE BATTER

2 c. flour, sifted	1 beaten egg
4 tsp. baking powder	4 Tbsp. bacon grease
3/4 tsp. salt	1 to 1 1/2 c. milk
3 to 4 Tbsp. sugar	

Add dry ingredients to flour and sift. Beat egg, combine with milk and bacon grease. Amount of milk used depends on thickness of cake desired, less for thicker cakes, more for thin cakes. Pour into flour mixture and combine just until flour disappears. Cook on hot griddle or in hot skillet until surface is bubbly. Turn and brown on other side. Yields 4 to 6 servings.

Teri Walls

PANCAKES

2 c. flour	2 eggs
3 tsp. baking powder	2 c. milk
1 tsp. salt	1/4 c. Crisco, melted

Combine flour, baking powder and salt in bowl. Combine eggs and milk, stir in melted Crisco slowly. Add milk mixture to flour mixture; blend. Pour batter onto hot greased griddle.

Susan Hancock

DREAM PIE

2 pkg. Dream Whip
2 3/4 c. cold milk
1 tsp. vanilla

2 small pkg. Jell-O instant
pudding (chocolate)
1 (9-inch) pie crust, baked
and cooled

Prepare Dream Whip using 1 cup milk and 1 teaspoon vanilla according to package directions. In a large mixing bowl add remaining milk and the pudding mix. Blend, then beat on high speed for 2 minutes. Spoon into pie shell. Chill at least 4 hours.

Nora Hancock

COCONUT PECAN PIE

3 eggs, beaten
1 c. brown sugar
1 c. light corn syrup
pinch of salt

1/4 c. melted butter
1 c. pecans
1/2 c. coconut

Mix together eggs, sugar, syrup, salt and butter; add nuts preferably chopped or ground. Put in an unbaked pie shell. Add 1/2 cup of coconut. Bake at 350° until golden brown and firm.

Wanda Cottrell

BUTTERMILK COCONUT PIE

3 eggs
1 1/4 c. sugar
1/4 c. butter, melted
1/3 c. buttermilk

1 tsp. vanilla extract
1 1/3 c. flaked coconut
1 (9-inch) unbaked pastry
shell

Beat eggs; add sugar, butter, buttermilk and vanilla and mix well. Stir in coconut. Pour into pastry shell. Bake at 350° for 45 minutes or until set.

Wanda Cottrell

60 MINUTE ROLLS

2 c. warm milk
1 c. s. margarine
4 eggs, slightly beaten
1 c. sugar

2 tsp. salt
4 Tbsp. p. yeast
1 c. warm water
9 c. flour

Mix in mixing bowl, milk, margarine, eggs, sugar and salt. Dissolve and let stand while mixing the first mixture

yeast in warm water; add to the first mixture and slightly beat. Add flour. Dip with a one ounce ice cream disher into greased muffins tins. Allow to rise one time. Bake in a 350° oven until done and brown. Can also make donuts, cinnamon rolls, etc. Makes approximately 50 dinner rolls.

Ruth Anderson

SUGAR-FREE APPLESAUCE MUFFINS

1 1/2 c. unsweetened apples	3/4 tsp. soda
1 egg	1/2 tsp. nutmeg
2 Tbsp. vegetable oil	1/2 tsp. cinnamon
2 tsp. baking powder	3/4 c. raisins
2 c. flour (plain)	

Beat egg, oil and applesauce together. Add rest of ingredients. Spoon into oiled/floured muffin pans. Bake at 375° for 20 to 25 minutes.

Carolyn Hancock

BATTER BREAD

1 1/4 c. warm water (110° to 115°)	2 Tbsp. sugar
1 pkg. yeast	2 tsp. salt
2 Tbsp. butter, soft	3 c. flour

Measure water in a large mixing bowl which has been warmed. Sprinkle in yeast. Sprinkle sugar over yeast. Let stand a few minutes, then stir to dissolve. Add butter and 2 cups of the flour. Beat 2 minutes on medium speed with electric mixer or 300 vigorous strokes by hand. Scrape sides and bottom of bowl often. Blend in rest of flour with spoon until smooth. Cover dough and let rise for about 30 minutes. Stir batter down (25 strokes). Spread in greased 9 x 5 x 3-inch loaf pan. Smooth dough and let rise, covered, until doubled (40 minutes). Bake at 375° for 45 minutes or until well browned.

Teri Walls

HUSH PUPPIES

2 c. corn meal	1 c. buttermilk
1 c. flour (plain)	1 c. grated onion
dash of garlic powder	2 eggs, beaten
1 tsp. salt	dash of cayenne pepper
1 1/8 tsp. baking powder	(optional)
1/2 tsp. soda	

Combine all ingredients. Deep fry.

Carolyn Hancock

BANANA BREAD

1 c. sugar	2 c. flour
1/2 c. shortening	1 tsp. soda
2 eggs	1/2 tsp. salt
4 bananas, mashed	1/2 c. pecans, chopped
1 tsp. vanilla	

Cream sugar and shortening. Add bananas, eggs and vanilla. Sift together flour, salt and soda. Add to creamed mixture; add nuts. Pour into greased loaf pan. Bake at 350° for 50 to 60 minutes. Let cool before slicing.

Teri Walls

HOLIDAY HOT ROLLS

1 c. shortening	4 beaten eggs
1/2 c. sugar	3 pkg. yeast
1 Tbsp. salt	6 c. flour
2 c. very hot water	

Put shortening in large bowl; add sugar, salt and hot water. Stir in eggs; add yeast and mix well. Beat in 4 cups flour. Add 2 cups more flour. Place dough on board with another cup flour. Knead until dough is only slightly sticky. Roll into greased bowl and let rise double. Make into rolls and let rise again. Bake at 400° for 12 minutes.

Janie Walls

LEMON CHESS PIE

3 eggs	1/4 c. lemon juice
1 Tbsp. flour	1/4 c. butter, melted
1 Tbsp. cornmeal	1/2 c. sugar
1/4 c. milk	

Beat eggs, butter, lemon juice, flour, cornmeal and

sugar together. Add milk and mix well. Pour into unbaked pie shell. Bake at 350° until done.

Cenia Phipps

COCONUT CREAM PIE

3/4 c. sugar
1/4 c. cornstarch
1/2 tsp. salt
1 Tbsp. margarine

2 c. milk
1/2 c. evaporated milk
1 tsp. vanilla
3 egg yolks

Combine dry ingredients. Mix remaining ingredients in saucepan, then add dry mixture. Stir until mixed thoroughly. Place on low heat; cook until thickened, stirring constantly. Add 1/2 cup flaked coconut. Pour into baked 9 inch pie shell. Top with meringue made from the 3 egg whites. Sprinkle with coconut. Brown in a 350° oven. Cool.

Chocolate Cream Pie: Use same ingredients omitting the coconut and adding 3 squares melted chocolate.

Laila Pilgrim

DELUXE PECAN PIE

1 unbaked (9 inch) pastry crust
3 eggs
1 c. Karo syrup (dark or light)

1 c. sugar
2 Tbsp. margarine, melted
1 c. pecans, chopped
1/8 tsp. salt
1 tsp. vanilla

Beat eggs slightly. Mix other ingredients. Then the nuts. Pour into unbaked pie crust. Bake at 400° for 15 minutes, then set at 350° and continue baking 30 to 35 minutes or until done.

Myrtle Chisum

DELUXE PIE CRUST

2 1/2 c. graham cracker crumbs
1/4 c. ground pecans

2 Tbsp. brown sugar
1/2 c. margarine, softened

Combine cracker crumbs, sugar and pecans. Stir in margarine and mix well. Press firmly into 9 inch pie plate. Bake at 350° for 12 to 15 minutes. Yields 1 (9-inch) pie shell.

Bessie Holding

NEVER FAIL PASTRY

4 c. flour
 1 tsp. baking powder
 1 tsp. salt
 1 3/4 c. shortening

1 egg, beaten
 1 Tbsp. vinegar
 1/2 c. cold water

Combine dry ingredients. Cut in shortening. Stir in remaining ingredients. Divide into 5 portions. Wrap in Saran Wrap and chill. Store up to 2 weeks in refrigerator. Store up to 2 months tightly wrapped in freezer. Yields 5 (9-inch) crusts.

Teri Walls

CORN BREAD

1 c. milk
 1 1/2 c. cornmeal
 1/2 c. flour
 1 egg

4 tsp. baking powder
 1/4 c. bacon grease
 1/2 tsp. salt
 1/4 c. sugar (optional)

Combine all ingredients and turn into greased pan. Bake at 425° for 25 minutes.

Bessie Holding

BUTTERMILK PIE

2 eggs
 1 c. sugar
 1/4 c. butter

1/2 c. buttermilk
 1 1/2 Tbsp. flour (level)

Mix all ingredients together and beat two minutes. Pour into unbaked pie crust and sprinkle with nutmeg and bake in a 325° oven 35 to 40 minutes, until a knife comes out clean.

Elvira Holding

COCONUT PINEAPPLE PIE

2 c. sugar
 4 Tbsp. flour
 5 eggs
 1 large can pineapple (crushed)

1 can coconut
 1 tsp. vanilla
 1 stick oleo

Mix sugar and flour. Add other ingredients and mix. Pour into unbaked crust. Bake 10 minutes, reduce heat. Bake at 350° until set. (Makes 2 pies.)

Bessie Holding

COCONUT CREAM PIE

3 c. milk
2 1/2 c. sugar
4 egg yolks, well beaten

2 Tbsp. flour
1 1/2 c. coconut

Mix together flour and 1/2 cup sugar in bowl. Add enough milk to moisten. Beat egg yolks and add to flour mixture. Heat milk until it comes to a boil. Pour in egg mixture and rest of sugar. Stir regularly to keep from sticking. Stir in coconut. Pour into baked pie shell. Beat egg whites with some sugar. Pour on top of pie. Put coconut on whites and set in hot oven until brown.

Nora Hancock

QUICK PEACH COBBLER

1 c. flour
1 c. sugar
3 tsp. baking powder

1 stick margarine
1 large can sliced peaches

Combine flour, sugar and baking powder in bowl, mix well. Drain peaches, save the juice; add enough water to the juice to measure 2/3 cup liquid. Add to flour mixture; mix well. Melt butter in baking dish. Pour batter over butter. Arrange peaches over batter. Bake at 350° for 45 minutes or until brown.

Norma Gamblin

DOUGHNUTS

1 c. sugar
2 eggs, lightly beaten
4 Tbsp. margarine
1 c. milk

1/2 tsp. salt
1 tsp. vanilla
3 tsp. baking powder
3 c. flour

Bend all ingredients together. Mix well. Make dough as soft as possible. Roll out on floured board to 1/2 inch thickness. Cut with doughnut cutter. Fry in hot shortening or oil until golden brown.

Susan Hancock

HOMEMADE CROUTONS

1/2 of 1 lb. loaf day old French bread

Slice bread, cut into 1/2 inch cubes. Spread on rimmed cookie sheet. Bake about 10 minutes in a 300° oven. Then coat with one of the following herb butter recipes and bake at 275° for about 30 minutes, stirring occasionally until golden and crispy. Store in covered jar. Makes 3 cups croutons.

Herb And Onion Butter:

1/4 c. butter	1/2 tsp. chervil
1 tsp. onion powder	1 tsp. oregano
1/2 tsp. basil	

Melt butter with onion powder; stir in spices.

Garlic Butter:

1/4 c. butter	2 Tbsp. fresh parsley, minced
1 clove garlic, finely minced	or 1 Tbsp. parsley flakes

Melt butter, then stir in herbs.

Cheese And Herb Butter:

1/4 c. butter	1/4 tsp. marjoram
1/4 tsp. basil	1 Tbsp. Parmesan cheese
1/4 tsp. oregano	dash of Tabasco
1/4 tsp. thyme	dash of Worcestershire sauce

Melt butter, then add seasonings.

Teri Walls

FRESH APPLE PIE

thinly sliced apples	3/4 stick butter
1 c. sugar	1 Tbsp. cinnamon

Layer apple slices in bottom of unbaked pie shell. Mix together sugar and cinnamon and sprinkle over apple slices. Cut up butter into bits and place over apples. Cover with top crust. Brush top crust with a little water and dust with sugar. Bake at 350° for about 45 minutes.

Juanita Branson

OLD FASHIONED CUSTARD PIE

4 eggs, slightly beaten
6 Tbsp. sugar
1/4 tsp. salt

3 c. milk
few gratings of nutmeg

Add sugar, salt and milk to the eggs. Line a 9-inch pie plate with plain pastry. Pour in filling and sprinkle with nutmeg. Bake until the custard becomes firm.

Nora Hancock

<<< Extra Recipes >>>

*Cakes,
Cookies
& Desserts*

Candy Testing



Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk

½ c. evaporated milk and ½ c. water
 ½ c. condensed milk and ½ c. water
 (reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk

1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar

1 c. sweet milk

1 c. sour milk or buttermilk plus ½ t. baking soda

1 c. sour, heavy cream
 (for sour milk recipe)

½ c. butter and ½ c. milk

1 c. sour, thin cream
 (for sour milk recipe)

3 T. butter and ¼ c. milk

1 c. butter or margarine
 (for shortening)

4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. 2/3 c. chicken fat (clarified), increase liquid in recipe ¼ c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • ½ c. suet and salt (increase liquid in recipe ¼ c.)

1 1-oz. square unsweetened chocolate

3 T. cocoa plus ½ T. shortening

1 T. cornstarch (for thickening)

2 T. flour (approx.)

1 T. flour (for thickening)

½ to 2/3 T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour

1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour

1 c. plus 2 T. sifted cake flour

1 whole egg

2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)

1 c. molasses • 1 c. honey

1 c. honey

¾ c. sugar plus ¼ c. liquid

1 c. granulated sugar

1 ½ c. brown sugar or 1 ½ c. powdered sugar

1 t. baking powder

½ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

CAKES, COOKIES & DESSERTS

EASY FRUITCAKE

1 lb. graham crackers, crushed
and sifted
1 can coconut
1 qt. pecans

1 jar maraschino cherries with
juice, chopped
8 oz. raisins

Combine all ingredients. Mix together well, using hands. Press out thin into a pan.

Carolyn Hancock

CHOCOLATE ICING

2 1/2 c. sugar
1 large can evaporated milk
1 stick oleo

1 c. chocolate chips
1 jar Marshmallow Creme

Cook sugar, milk and oleo to soft ball stage, then add Marshmallow Creme and chocolate chips. Beat until creamy. Spread on cool cake.

Bessie Holding

SLICED COOKIES

1 c. butter
1 c. brown sugar
1 c. white sugar
3 eggs
4 c. flour

1 tsp. cinnamon
1 tsp. soda
1/4 tsp. salt
1 c. nut meats, chopped

Cream butter and sugar; add unbeaten eggs one at a time; cream. Sift dry ingredients; add to mixture with nuts. Make rolls of dough. Put in refrigerator for at least 5 hours. Slice and bake. Makes about 50 cookies.

Bessie Holding

CRISPY SUGAR COOKIES

1 1/2 c. granulated sugar
1 c. shortening (part butter
for flavor)
2 eggs
3 Tbsp. sweet or sour cream

1 tsp. vanilla
1/2 tsp. lemon extract
3 tsp. baking soda
3 tsp. salt
3 c. flour

Gradually add sugar to shortening, creaming until fluffy. Beat in eggs one at a time; add cream and flavoring.

combine flour, soda and salt to creamed mixture. Mix well and chill. Roll out small amounts of dough very thin on lightly floured board or canvas. Cut out shapes with cookie cutters. Place on ungreased sheets. Sprinkle with sugar or colored sugar. Bake at 400° for 6 to 9 minutes.

Nora Hancock

BLONDE BROWNIES

1 stick butter, soft	1/2 tsp. baking powder
3/4 c. light brown sugar, packed	1/2 tsp. salt
1 egg	3/4 c. coarsely chopped walnuts
1 tsp. vanilla	1/2 c. (3 oz.) chocolate chips
1 c. flour	

Preheat oven to 350°. Grease 8 x 8-inch baking dish. Mix in large bowl, sugar and butter with egg and vanilla; cream until fluffy. Combine dry ingredients and sift together. Stir flour mixture into creamed mixture, then add walnuts. Spread batter into baking dish. Sprinkle chocolate chips over batter and press down slightly with rubber spatula. Bake brownies in center of oven 25 to 30 minutes until they begin to pull very slightly away from sides of pan. Place pan on wire rack and cool. Cut into bars.

Helen Witty

SAUERKRAUT CHOCOLATE CAKE

2 1/2 c. flour	1/2 tsp. soda
1/2 tsp. baking powder	1/2 tsp. salt
1/2 c. shortening	1 c. sugar
1/2 c. brown sugar	1/2 c. cocoa
1 tsp. vanilla	1 c. water
1/2 c. chopped nuts	1/2 c. chopped sauerkraut
3 eggs	

Cream shortening and sugars; beat in one egg at a time. Add dry ingredients with water and mix well. Add nuts and sauerkraut. Pour into loaf pan. Bake 45 to 50 minutes at 375°. Frost with any flavored frosting.

Susan Hancock

PEANUT BUTTER DROPS

1 c. sugar
1 c. Karo (white)

10 oz. peanut butter
6 c. corn flakes

Bring sugar and Karo to boil and then turn right off. Add peanut butter and cornflakes. Drop by spoonfuls on wax paper.

Barbara Robbins

SUGAR COOKIES

1/2 c. each butter and
margarine or all butter,
room temperature
1 1/4 c. sugar
2 eggs

1 tsp. vanilla
1/4 tsp. almond extract
3 1/2 c. all-purpose flour
1 tsp. baking powder
1/4 tsp. salt

Beat butter until creamy. Beat in sugar, eggs, vanilla and almond extract. In a separate bowl, stir together flour, baking powder and salt. Add to creamed mixture. Beat well; cover and chill at least 1 hour. Roll out dough to 1/8 inch thickness on a lightly floured board. Cut into desired shapes. Place on greased baking sheet. Sprinkle with colored sugar if desired. Bake in a 400° oven for 6 to 8 minutes or until lightly browned. Remove immediately to wire racks and let cool. Makes about 4 dozen cookies.

Susan Hancock

CORN MEAL COOKIES

3/4 c. margarine or butter
3/4 c. sugar
1 egg
1 1/2 c. flour
1/2 c. corn meal

1 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla
1/2 c. raisins (if you like)

Mix margarine and sugar in large bowl; add eggs and beat well. Add rest of ingredients and mix well. Drop dough from a teaspoon on a greased baking pan. Bake at 350° for about 15 minutes until lightly browned. Makes about 3 dozen cookies. Make chocolate corn meal cookies by mixing 1/4 cup cocoa into cookie dough with rest of dry ingredients. Add 1/4 cup fluid milk.

Ruth Anderson

HONEY AND NUT CHERRY COOKIES

1 3/4 c. flour	1 egg
1/2 tsp. soda	1 tsp. vanilla
1/2 tsp. salt	2 c. honey and nut cereal
3/4 c. soft margarine	1/3 c. finely chopped
1 c. granulated sugar	maraschino cherries
1/2 c. packed brown sugar	

Stir together flour, soda and salt. Set aside. Beat margarine, brown sugar and white sugar until light and fluffy. Add eggs and vanilla; beat well. Add flour mixture mixing well. Stir in cereal and cherries. Drop by teaspoon onto greased baking sheets. Bake at 350° for about 12 to 14 minutes or until golden brown. Cool slightly before removing from baking sheets. Place on wire rack. Makes about 4 dozen.

Ruth Anderson

FRESH APPLE CAKE

3 c. flour	1 1/2 c. corn oil or another
3 eggs, unbeaten	oil
1/2 tsp. soda	2 c. sugar
1/2 tsp. salt	1 tsp. vanilla
1 c. chopped nuts	2 Delicious apples, grated

Sift dry ingredients into a large mixing bowl. Make a well in flour mixture and add oil, eggs and vanilla. Stir with a large mixing spoon only until dry ingredients are moistened. Then add apples which have been grated and chopped pecans. Mix; turn into a large stem pan. Bake in a 350° oven for 1 hour or until done.

Myrtle Chisum

POLYNESIAN CAKE

1 c. corn oil	2 tsp. vanilla
2 c. flour	2 jars junior baby carrots
3 eggs	1 c. chopped nuts
2 c. sugar	1 small can crushed pineapple
2 tsp. baking soda	1 can coconut
2 tsp. cinnamon	

Combine all ingredients in a bowl. Mix with a spoon not a mixer. Bake in a 9 x 13-inch pan. Grease and line with wax paper. Bake at 350° for about 50 minutes.

Ann Spodnick

STRAWBERRY CAKE

1 strawberry cake mix
 2 cans strawberry colas
 1 box instant vanilla pudding mix

1 box strawberry Jell-O
 1 box whip cream (Cool Whip)

Bake cake according to directions on box. Punch cake full of holes with fork while still hot. Heat colas; add Jell-O. Pour over hot cake. Refrigerate. When cold, mix pudding with 1 1/2 cups milk. Add whipped cream (Cool Whip); cover cake.

Ruth Anderson

CARROT CAKE

2 c. flour
 1 tsp. soda
 1 tsp. baking powder
 1 tsp. cinnamon
 1/4 tsp. salt

1 1/2 c. cooking oil
 2 c. sugar
 4 eggs
 2 c. carrots
 1 c. pecan pieces

Frosting:

1 (8 oz.) pkg. cream cheese
 1 box powdered sugar
 1/2 c. soft margarine

1 tsp. vanilla
 1 c. pecan pieces

Combine dry ingredients. Set aside. Blend together cooking oil and sugar; add eggs one at a time, beating well after each. Add dry ingredients; after completely mixed, add carrots. Bake in prepared pans for 1 hour in a 350° oven.

Frosting: Cream together cheese and margarine; add sugar and vanilla beating well until smooth. Stir in nuts; spread on cake.

Ruth Anderson

DUTCHESS SPICE CAKE

3/4 c. soft shortening
 1 1/4 c. brown sugar
 1 c. white sugar
 3 eggs
 3 c. flour
 1 1/2 tsp. soda

1 1/2 tsp. cinnamon
 3/4 tsp. nutmeg
 3/4 tsp. cloves
 1 tsp. salt
 1 1/2 c. milk (buttermilk)

Heat oven at 350°. Bake in two 9-inch cake pans or 1

oblong cake pan approximately 1 hour. Top with your favorite topping. Sour cream icing is great.

Ruth Anderson

MERINGUE

3 egg whites, room temperature	6 Tbsp. sugar
1/4 tsp. cream of tartar	

Beat egg whites and cream of tartar until soft peaks form when beater is raised. Gradually beat in sugar, 2 tablespoons at a time, beating well after each addition. Continue to beat until stiff peaks form when beater is raised.

Carrie Hancock

CARAMEL BROWNIES

2 c. brown sugar	2 tsp. baking powder
3/4 c. shortening	1 Tbsp. vanilla
2 eggs	pinch of salt
1 c. flour	

Pour all ingredients in mixing bowl and mix at a moderate speed. Add 1 cup chopped nuts. Pour into greased and floured cookie sheet. Bake 30 minutes at 350°.

Myrtle Chisum

DUMP CAKE

1 large can crushed pineapple	2 sticks oleo or margarine
1 can cherry pie filling	1/2 c. chopped pecans
1 pkg. yellow cake mix	

Grease 1 large pan with margarine. Spread pineapple over bottom of pan, then spread cherry pie filling over pineapple, next spread yellow cake mix over cherry pie filling. Next slice butter or margarine over top of cake mix. Then spread pecans over top and bake 1 hour at 350°.

Myrtle Chisum, Juanita Branson
Teri Walls

CHOCOLATE OATMEAL COOKIES

2 c. sugar	2 c. oatmeal
1/3 c. cocoa	1 tsp. vanilla
1/2 c. milk	1/2 c. peanut butter
1 stick oleo	

Mix sugar, cocoa, oleo and milk together. Bring to a boil. Boil full 4 minutes, then add oatmeal. Stir until thick. Pour out on wax paper and let cool. Then cut into squares.

Myrtle Chisum

VANILLA PUDDING

1 c. sugar
2 heaping Tbsp. cornstarch
dash of salt
1 c. Milnot

1 c. water
3 egg yolks
1 tsp. vanilla
1 pat butter

Bring to a boil in a saucepan. For chocolate pudding and pie filling just add 2 tablespoons cocoa.

Norma Gamblin

COKE CAKE

2 c. sugar
2 c. flour
dash of salt
2 sticks margarine
3 Tbsp. cocoa
1 c. Coke or RC

1/2 c. buttermilk
1 tsp. soda
2 eggs
1 tsp. vanilla
1 1/2 c. small marshmallows

Sift sugar, flour and salt together. Boil together margarine, cocoa and Coke or RC for 1/2 minute and add to dry mixture. Mix together buttermilk, soda, eggs, vanilla and small marshmallows and add to other mixture. Bake at 350° for 45 minutes.

Coke Cake Topping:

1 stick melted margarine
6 Tbsp. Coke or RC
3 Tbsp. cocoa

1 tsp. vanilla
1 c. pecans
1 box powdered sugar

Mix liquids, stir in powdered sugar; add pecans. Ice while warm.

Barbara Robbins

RED VELVET CAKE

1 1/2 c. sugar
 1/2 c. shortening
 1 tsp. salt
 1 c. buttermilk
 1 tsp. vanilla

1 tsp. soda in 1 Tbsp. vinegar
 2 eggs
 2 c. flour
 1 Tbsp. cocoa
 2 oz. red food coloring

Cream sugar and shortening; add eggs and beat well. Sift flour, salt and cocoa and add alternately with buttermilk. Add vanilla and coloring; fold in soda and vinegar. Bake in a 350° oven for 25 to 30 minutes. Frost with Velvet Icing.

Red Velvet Icing:

1 c. milk
 1 c. sugar
 1 c. butter
 1/4 tsp. salt

1/4 c. flour
 2 tsp. vanilla
 1 c. coconut

Mix flour and salt with milk until blended. Cook slowly until very thick; cool. Cream butter and sugar until fluffy then add to cooled mixture. Beat well (looks like whipped cream), add vanilla and coconut.

Susan Hancock

DOLLIE MADISON'S BARS

1/2 c. margarine
 1 1/2 c. graham cracker crumbs
 1 (14 oz.) can Eagle Brand
 milk

1 (6 oz.) pkg. chocolate chips
 1 (3 1/2 oz.) can flaked
 coconut
 1 c. chopped nuts

Preheat oven to 350°(325° for glass dish). In 13 x 9-inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; pour Eagle Brand evenly over crumbs. Top with remaining ingredients; press down. Bake 25 to 30 minutes or until browned. Cool; chill if desired. Cut into bars. Store loosely covered at room temperature.

Linda Curtis, Norma Gamblin
 Teri Walls

SCRATCH CAKE

2 c. flour
 2 c. sugar
 2 eggs
 1 tsp. soda
 1/2 c. shortening

4 Tbsp. cocoa
 1 c. water
 1 stick oleo
 1 tsp. vanilla
 1/2 c. buttermilk

Sift flour and sugar together. Combine oleo, water, shortening and cocoa in saucepan and bring to boil; remove from heat. Add flour mixture while hot and mix well. Add eggs one at a time and vanilla. Dissolve soda in buttermilk and add mixture. Batter will be thin. Pour into greased and floured cake pan and bake at 325° for 30 minutes.

Juanita Branson

MARTHA WASHINGTON CANDY

2 lb. powdered sugar	1 1/3 c. coconut
1 stick butter	1 (12 oz.) pkg. chocolate chips
1 can Eagle Brand milk	
1 c. chopped nuts	1/4 lb. paraffin wax

Combine powdered sugar, butter, Eagle Brand milk, nuts and coconut. Shape into balls. Chill. In double boiler, melt chocolate chips and paraffin. Dip balls into chocolate mixture to coat.

Christa Jacobs
Norma Gamblin

DRIZZLE BARS

1 c. oleo or shortening (not melted)	3/4 c. peanut butter
1 c. sugar	1 tsp. soda
1 c. brown sugar, packed	1/2 tsp. salt
2 eggs	2 c. flour

Mix shortening or oleo, sugar, brown sugar, eggs and peanut butter together. Then add soda, salt, flour and oatmeal; mix together and pour in cookie sheet and press out evenly. Cook until brown at 350°. Pour 1 package chocolate chips while hot; let melt. Then ice with:

1/2 c. peanut butter	milk (to thin)
1/2 c. powdered white sugar, packed	

Norma Gamblin

CHOCOLATE CHIP COOKIES

2/3 c. shortening	3 1/2 c. flour
2/3 c. butter	1 tsp. soda
1 c. granulated sugar	1 tsp. salt
1 c. brown sugar, packed	1 c. chopped nuts
2 eggs	1 (12 oz.) pkg. chocolate chips
2 tsp. vanilla	
2 tsp. almond flavoring	1 c. coconut

Mix thoroughly shortening, butter, sugars, eggs and vanilla. Blend in remaining ingredients. Drop by rounded teaspoonfuls onto ungreased baking sheet. Bake 8 to 10 minutes at 375°.

Donna Hancock

PEANUT BUTTER COOKIES

1 c. white sugar	3 Tbsp. water
1 c. brown sugar	1 tsp. soda
1 c. Crisco	1 tsp. baking powder
2 eggs	2 3/4 c. flour
1 c. peanut butter	

Mix and form into balls. Place on greased cookie sheet. Flatten with fork. Bake in medium oven.

Ellie Holding

CREAM CHEESE ICING

3 (8 oz.) pkg. cream cheese, softened	3 c. powdered sugar, sifted
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Beat cream cheese until smooth. Add powdered sugar and mix thoroughly. Beat at high speed until light and fluffy. Makes 3 1/2 cups.

Susan Hancock

BLUE RIBBON POUND CAKE

1/2 c. Crisco	1 tsp. lemon flavoring
2 sticks oleo	1 Tbsp. lemon juice
3 c. sugar	3 c. flour
5 eggs	1 c. milk
1 tsp. butter flavoring	

Combine Crisco, oleo and sugar. Beat; add eggs one at a time. Beat. Add butter flavoring, lemon flavoring and lemon juice. Add flour and milk alternately, beginning and ending

with flour. Start in cold oven and begin baking at 300° for 1 hour and 20 minutes. Let cool before removing cake to serving plate.

Vicki Malone

HOT FUDGE PUDDING CAKE

1 1/4 c. sugar, divided	1/3 c. butter or margarine, melted
1 c. flour (all-purpose)	1 1/2 tsp. vanilla
7 Tbsp. cocoa, divided	1/2 c. packed light brown sugar
2 tsp. baking powder	1 1/4 c. hot water
1/4 tsp. salt	
1/2 c. milk	

Heat oven to 350°. In medium mixing bowl combine 3/4 cup sugar, flour, 3 tablespoons cocoa, baking powder and salt. Blend in milk, melted butter and vanilla. Beat until smooth. Pour batter into 8 x 8 x 2-inch or 9 x 9 x 2-inch pan. In small bowl combine remaining 1/2 cup sugar, brown sugar and remaining 4 tablespoons cocoa. Sprinkle this mixture evenly over batter. Pour hot water over top, do not stir. Bake 40 minutes or until center is almost set, let cool 15 minutes.

Krista Harper

FRESH APPLE CAKE

1 c. cooking oil	3 c. chopped apples
2 c. sugar	1 tsp. soda
2 eggs, beaten	1/2 tsp. salt
3 c. flour	2 tsp. vanilla
1 tsp. cinnamon	

Combine oil and sugar; add eggs. Measure and sift dry ingredients; add dry ingredients to first mixture. Add vanilla and apples. Bake in 13 x 9-inch loaf pan. Bake 55 minutes at 300°.

Mary Brown

CHOCOLATE FUDGE CAKE

3/4 c. margarine	2/3 c. cocoa
1 2/3 c. sugar	1 1/4 tsp. baking soda
3 eggs	1/2 tsp. baking powder
1 1/2 tsp. vanilla	1 tsp. salt
2 c. all-purpose flour, unsifted	1 1/3 c. milk

Grease two 9-inch cake pans; dust lightly with cocoa. Set aside. Cream margarine; add sugar gradually and continue beating until light and fluffy. Add eggs one at a time, beating after each. Add vanilla. Beat 5 minutes longer. Combine flour, cocoa, soda, salt and baking powder. Add to creamed mixture alternately with milk. Pour into pans. Bake at 350° for 35 to 40 minutes. Cool. Ice with Fudge Frosting.

Fudge Frosting:

3/4 c. margarine	1/2 c. plus 1 Tbsp. hot milk
1 c. cocoa	2 tsp. vanilla
4 c. powdered sugar	

Melt margarine in small saucepan over low heat; add cocoa, stirring constantly until smooth. Remove from heat; set aside. Combine sugar and milk in large bowl. Beat until smooth. Add warm chocolate mixture and vanilla. Beat on medium speed until smooth and slightly thickened, 5 to 10 minutes. Cool at room temperature.

Carolyn Hancock

SCOTCH SHORTBREAD COOKIES

1 c. butter, room temperature	2 1/2 c. flour (all-purpose)
1/2 c. sugar	

Beat butter and sugar together until creamy. Stir in flour, mixing until smooth. Chill until firm. Divide dough in half. Pat or roll out each half into a circle, about 7 inches in diameter. Place on ungreased baking sheets. Bake at 300° for 25 to 30 minutes. Let cool. Cut into wedges.

Carolyn Sue Smith

BUTTERSCOTCH CHEESECAKE BARS

1 (12 oz.) pkg. butterscotch morsels	1 (8 oz.) pkg. cream cheese, softened
1/3 c. margarine or butter	1 (14 oz.) can Eagle Brand milk
2 c. graham cracker crumbs	1 tsp. vanilla
1 c. chopped nuts	1 egg

Preheat oven to 350°. In a medium saucepan melt morsels and butter. Stir in crumbs and nuts. Press 1/2 the mixture firmly onto bottom of greased 13 x 9-inch baking pan. In large

mixer bowl, beat cream cheese until fluffy; beat in Eagle Brand, vanilla and egg. Pour onto prepared morsels mixture, top with remaining crumb mixture. Bake 25 to 30 minutes. Cool to room temperature. Chill before cutting into bars.

Krista Harper

GRANDMOTHER'S TEA CAKES

3 c. flour	2 tsp. baking powder
1 c. sugar	2 eggs
1/2 c. shortening	1/2 tsp. salt
3 Tbsp. milk	1 tsp. vanilla

Cream sugar, shortening and eggs. Add milk, flour and other ingredients; mix. Roll out on lightly floured board to 1/4 inch thickness. Cut out. Place on lightly greased cookie sheet. Bake at 300° until lightly browned.

Mary Brown

BANANA SPLIT CAKE

2 c. graham cracker crumbs	1 (15 oz.) can crushed pineapple, drained
3 sticks butter	1 large carton Cool Whip
2 c. powdered sugar	1/2 c. chopped nuts
2 eggs	1/2 c. maraschino cherries
4 to 5 bananas	3/4 c. coconut

Make cake in following layers:

Layer 1: Combine crumbs with 1 stick melted butter in a 13 x 9-inch pan.

Layer 2: Beat together at high speed 10 minutes powdered sugar, eggs and 2 sticks butter. Pour over crumbs.

Layer 3: Slice bananas over egg mixture.

Layer 4: Spoon drained pineapple over bananas. Sprinkle with coconut.

Layer 5: Top with Cool Whip.

Layer 6: Chopped nuts and cherries on top of Cool Whip. Refrigerate 6 to 8 hours before serving.

Janie Walls

MARSHMALLOW KRISPIES

1/4 c. butter	5 c. Rice Krispies
4 c. miniature marshmallows	

Melt butter and add marshmallows. Stir until marshmallows completely are melted. Then cook 3 minutes. Remove from heat and add cereal. Stir until well coated. Press into a buttered dish with a buttered spatula.

Teri Walls

8 MINUTE CHEESE CAKE

1 (8 oz.) pkg. cream cheese,
softened
1/3 c. sugar
1 c. (1/2 pt.) sour cream
2 tsp. vanilla

1 (8 oz.) Cool Whip whip
topping, thawed
1 Ready-Crust graham cracker
pie crust

Beat cheese until smooth, gradually beat in sugar; blend in sour cream and vanilla. Fold in whipped topping, blending well. Spoon into crust. Chill at least 4 hours.

Norma Gamblin

HEATH BARS

40 saltine crackers
1 c. oleo
1 c. brown sugar

6 oz. milk chocolate chips
1/2 to 1 c. chopped toasted
nuts

Line cookie sheet with aluminum foil. Place crackers over foil in rows. Combine sugar and oleo. Let boil for 3 minutes. Pour mixture over crackers slowly and evenly. Spread mixture, trying not to move crackers. Bake at 350° for 5 minutes or until crackers float. Remove from oven. Sprinkle chocolate chips over top. When melted, spread to form a smooth surface. Sprinkle with nuts. Let cool and cut between crackers.

Pat Martin

PREACHER COOKIES

3 c. minute oats
1 tsp. vanilla
1 c. coconut
2 c. sugar

1/2 c. cocoa
1/2 c. milk
1/4 lb. oleo
1 c. nuts, chopped

Combine oats, coconut, nuts and vanilla in large mixing bowl. Combine oleo and cocoa in large saucepan; add milk and sugar; bring to rolling boil. Let boil for 1 minute, stirring constantly. Pour over dry ingredients. Stir thoroughly. Drop

by teaspoonfuls onto wax paper. Cookies are ready to eat when they cool and harden.

Stacy Pennington

PECAN PRALINES

2 c. sugar	2 Tbsp. butter
1 tsp. soda	1 Tbsp. white Karo syrup
1 c. buttermilk	2 1/2 c. pecan halves
1/8 tsp. salt	buttered wax paper

Combine sugar, soda, buttermilk and salt in large heavy saucepan. Cook over medium heat to 210°, about 5 minutes, stirring constantly. Add butter, syrup and pecans. Continue cooking until mixture begins to thicken, about 5 more minutes. Remove from heat. Beat with wooden spoon 2 to 3 minutes until it reaches 234°. Working rapidly drop by tablespoonfuls on buttered wax paper and cool. Wrap in wax paper. Store in airtight container.

Note: Never attempt to make pralines on a humid day.

Veda Thibodeaux

COPYCAT MOUNDS

1 can Eagle Brand milk	1 large pkg. coconut
2 bars German's sweet chocolate	1/2 bar paraffin

Mix Eagle Brand and coconut in bowl. Make into small bars. Place on wax paper or foil and chill in refrigerator. Melt chocolate and paraffin together over double boiler. Dip bars or pour mixture over bars. Refrigerate briefly to cool chocolate.

To copycat Almond Joy: Add 1 cup chopped nuts to coconut mixture or top each bar with whole almonds or pecans, then pour chocolate over.

Billy Holding

FUDGE

2 c. sugar	1 tsp. vanilla
1 c. milk	pinch of salt
4 Tbsp. cocoa	1 c. nuts
1 Tbsp. butter	

Combine sugar, milk and cocoa in saucepan-large! Stir constantly and allow to boil until soft ball stage is reached, 232° on candy thermometer. Stir in butter, vanilla, salt and nuts. Set aside to cool. After cooled, beat until it becomes too stiff to beat with spoon. Knead with hands and flatten into buttered pan.

Keith Walls

CAPPUCCINO FUDGE

2 c. sugar	1 c. chopped nuts
1/2 c. oleo	1 Tbsp. grated orange rind
1 c. evaporated milk	1 Tbsp. instant coffee
1 (12 oz.) pkg. chocolate chips	2 tsp. orange juice
1 (7 oz.) jar Marshmallow Creme	2 tsp. brandy or rum flavoring

Combine sugar, oleo and milk in heavy saucepan. Bring to full rolling boil, stirring constantly. Remove from heat; add chocolate chips; stir until melted. Dissolve instant coffee in orange juice. Add Marshmallow Creme, nuts, orange juice, rind and flavoring to chocolate. Beat well. Pour into buttered 13 x 9-inch pan; let cool.

Larry Jacobs

STRAWBERRY RIBBON CAKE

1 pkg. strawberry cake mix	1 (10 oz.) pkg. frozen strawberries, reserve liquid
1/3 c. oil	
3 eggs	
3/4 c. water	

Filling:

1/4 c. sugar	2 Tbsp. strawberry juice
1 Tbsp. cornstarch	1 egg
2 Tbsp. soft butter	1 (8 oz.) pkg. cream cheese

In large bowl, combine all cake ingredients at low speed until moist. Beat 2 minutes. Pour 2/3 of batter into pan. Combine filling ingredients and beat at high speed until creamy. Pour over batter in pan; spread to cover. Pour rest of batter on filling. Bake at 350° for 45 to 55 minutes. Keep in refrigerator.

Mary Brown

GERMAN BROWNIES

4 oz. German's sweet chocolate	1 1/2 tsp. vanilla
5 Tbsp. butter	1/2 tsp. baking powder
3 oz. pkg. cream cheese	1/4 tsp. salt
1 c. sugar	1/2 c. chopped pecans
3 eggs	1/4 tsp. almond extract
1/2 c. plus 1 Tbsp. flour	

Melt chocolate and 1 tablespoon butter over low heat, stirring constantly; cool. Cream 4 tablespoons butter with cream cheese; add 1/4 cup sugar, cream until fluffy. Blend in 1 egg, 1 tablespoon flour and 1/2 teaspoon vanilla. Set aside. Beat remaining eggs, gradually adding rest of sugar until thick. Add baking powder, salt, and 1/2 cup flour. Blend in chocolate, nuts, extract, and vanilla. Reserve 1 cup of this batter. Spread remaining chocolate batter into greased 9 x 13-inch dish. Top with cream cheese mixture. Pour reserved chocolate batter over this. Swirl to marble. Bake at 350° for 30 to 40 minutes.

Wanda Cottrell

PECAN PIE CAKE

1 yellow cake mix	4 eggs
1/2 c. brown sugar	1 c. pecans
1 tsp. vanilla	1 1/2 c. Karo syrup
1/2 c. margarine	

Take 2/3 cup cake mix and set aside. Mix rest of cake mix with 1/2 cup margarine and 1 egg; press into 9 x 13-inch pan. Bake at 350° for 20 minutes. Mix 2/3 cup cake mix, 1/2 cup brown sugar, vanilla, Karo and 3 eggs. Pour over top of first layer and sprinkle chopped pecans on top. Bake for 30 to 35 minutes at 350°.

Cenia Phipps

PISTACHIO MARBLE CAKE

1 box yellow cake mix	1/2 c. oil
1 small box pistachio instant pudding	1/2 tsp. almond extract
1 c. water	4 eggs

Glaze:

1 c. powdered sugar	2 Tbsp. milk
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Combine cake mix, pudding, water, oil, eggs and extract in mixing bowl. Beat for 2 minutes with electric mixer. Pour 1/3 of batter into a separate bowl. Add chocolate syrup to this. Pour batters alternately into greased and floured 10-inch tube pan. Zigzag a spatula through batter to marble. Bake at 350° for 50 minutes or until tests done. Cool 15 minutes before removing from pan. Drizzle with glaze.

Helen Morgan

ITALIAN CREAM CAKE

2 c. sugar
1/2 c. shortening
1 stick butter
5 egg yolks
2 c. flour

1 c. buttermilk
1 tsp. soda
1 c. coconut
1 c. pecans, chopped
1 tsp. vanilla

Frosting:

1 stick butter
1 (8 oz.) pkg. cream cheese
1 lb. powdered sugar

1 c. chopped pecans
2 tsp. vanilla

Cream sugar, shortening and butter; add egg yolks 1 at a time. Beat in all other ingredients well. Beat 5 eggs whites fluffy and fold into batter. Bake in 3 greased and floured 9-inch pans. Bake at 350° for 25 minutes.

Combine frosting ingredients and spread on cake.

Helen Morgan

MILLIONAIRES

1 (14 oz.) pkg. caramels
2 Tbsp. butter
2 Tbsp. hot water
3 c. chopped pecans

1 (12 oz.) pkg. milk chocolate chips
1/3 bar paraffin

In double boiler, melt caramels and butter with hot water. Remove from heat and add pecans. Mix well; drop on greased waxed paper. Chill until firm. In double boiler, melt paraffin and chocolate chips. Dip caramel balls in chocolate mixture. Let cool.

Teri Walls

DROP SUGAR COOKIES

2 eggs	3/4 c. sugar
2/3 c. cooking oil	2 c. flour (all-purpose)
2 tsp. vanilla	2 tsp. baking powder
1 tsp. lemon rind, grated	1/2 tsp. salt

Mix together eggs, cooking oil, vanilla, lemon rind, and sugar. Mix flour, baking powder and salt. Combine both mixtures. Drop by teaspoon onto ungreased cookie sheet. Flatten with buttered bottom of glass dipped in sugar. Bake in a 400° oven. Remove immediately from cookie sheet.

Carolyn Hancock

MANDARIN ORANGE CAKE

1 box yellow cake mix	1 small can mandarin oranges, blended with juice
1/2 c. oil	
4 eggs	

Mix all the ingredients and bake according to instructions on box, only make it in four layers. Cool before icing.

Icing:

1 (9 oz.) carton Cool Whip	1 (3 oz.) small box instant vanilla pudding mix
1 small can crushed pineapple with juice	

Stir well. Fill between each layer and on top.

Joy Legg

LEMON ICING

3 c. sugar	1 Tbsp. flour
4 lemons	3 eggs, beaten

Combine sugar and flour. Add other ingredients. Mix well. Cook until right consistency to spread.

Bessie Holding

COCONUT CAKE

1 pkg. yellow cake mix	1 tsp. vanilla
2 c. sour cream	1 c. powdered sugar
5 c. flaked coconut	

Prepare cake according to package directions in two

layers. Combine sour cream, vanilla and powdered sugar. Beat very well. Mix coconut into sour cream until very well combined. Spread between layers and top of cake. Leave sides unfrosted.

David Wade

PINEAPPLE UPSIDE-DOWN CAKE

1/4 c. butter	1 c. sugar
1/2 c. brown sugar	1 tsp. vanilla
1 can pineapple slices	1/2 tsp. salt
1/2 c. pineapple juice	1 tsp. baking powder
3 eggs	1 1/2 c. flour

Layer melted butter, sugar and pineapple in pan. Beat egg yolks and sugar. Add juice and beat. Add dry ingredients. Mix well. Then add stiffly beaten egg whites, fold in. Pour over pineapple and bake at 350° until done.

Bessie Holding

THREE-IN-ONE CAKE

1 c. Crisco	1/2 tsp. salt
4 Tbsp. cocoa	1 tsp. soda
1 c. water	1/2 c. buttermilk
2 c. flour	2 eggs, well beaten
2 c. sugar	

Combine Crisco, cocoa and water in saucepan. Boil. Combine sugar and flour in mixing bowl. Pour boiling mixture over this. Beat well. Add salt, soda, buttermilk and eggs, beating well. Batter will be thin. Pour into a long loaf pan. Bake at 400° for 15 to 20 minutes. Test done with toothpick.

For Yellow Cake: Use only egg yolks. Omit cocoa.

For White Cake: Use only egg whites. Omit cocoa. Pour icing over hot cake.

Icing:

1 stick oleo	1 tsp. vanilla
4 Tbsp. cocoa	1 box powdered sugar
1/4 c. milk or water	

Combine oleo, milk, cocoa and vanilla in saucepan. Heat

until well mixed. Pour over powdered sugar; beat well. Pour over hot cake.

Myrtle Chisum

SOPAIPILLAS

1 3/4 c. flour
2 tsp. baking powder
1 Tbsp. sugar
1 tsp. salt

2 Tbsp. shortening
2/3 c. milk
2 c. oil (for frying)

Combine flour, baking powder, sugar and salt in large mixing bowl. Cut in shortening with pastry until resembles cornmeal. Add milk, mixing just until dough holds together. Turn out on lightly floured board. Knead about 1 minute until smooth. Cover and let rest for 1 hour. Roll out to 1/8 inch thickness. Cut in 3 inch squares. Heat oil to 370° to 380°. Drop a few pieces of dough in at a time. Turn so dough puffs evenly. Turn back over and brown on each side. Drain on towels. Serve with honey and cinnamon sugar.

Connie Lopez

SWEET POTATO CAKE

2 c. sugar
1 (No. 303) short can yams
1 c. oil
4 beaten eggs
2 c. flour
1 tsp. salt

2 tsp. soda
2 tsp. baking powder
2 tsp. cinnamon
1/2 c. coconut
1/2 c. chopped pecans

Combine sugar with drained yams, oil and eggs. Beat well. Combine dry ingredients. Add to creamed mixture. Beat for 1 minute. Pour into 3 greased and floured pans. Bake at 350° for 25 minutes.

Icing:

1/2 c. softened butter
1 (8 oz.) pkg. cream cheese
1/2 tsp. vanilla

1/2 c. coconut
1/2 c. pecans

Beat together butter and cream cheese. Add sugar and vanilla and beat well. Add coconut and nuts. Frost cooled cake.

Janie Walls

LEMON CAKE

1 pkg. lemon velvet cake mix
 1 small pkg. vanilla instant
 pudding mix

1/2 c. Crisco oil
 juice of 1 orange
 juice of 1 lemon

Topping:

juice of 2 oranges
 juice of 1 lemon

1/2 c. Crisco oil
 1/2 c. powdered sugar

Combine cake mix and pudding mix. Blend together; add oil and juices and mix well. Bake until cake is done at 350°. When cake is cool, punch top with fork all over.

Topping: Combine topping ingredients and pour over cake. Return cake to oven (broiler) until bubbly and slightly brown.

Nora Hancock

CREAM PUFFS

1/2 c. butter
 1 c. boiling water
 1 c. sifted flour

1/2 tsp. salt
 4 eggs

Add butter to boiling water, making sure all measurements are exact. Heat water again until butter melts. Add salt and flour all at once, stirring vigorously. Cook, stirring until mixture leaves sides of pan. Take care not to overcook. Remove from heat and cool about 1 minute. Add eggs 1 at a time, beating vigorously with spoon after each addition. After last egg, mixture should be shiny, smooth and firm enough to hold its shape. With wet spoon drop by tablespoonfuls on greased baking sheet 2 inches apart. Bake at 450° for 10 minutes. Lower heat to 350° and bake for 25 minutes. Door must not be opened during first 25 minutes of cooking time. Puffs must be dried out before being removed from oven. Cool, slit tops, remove any soft dough from inside and fill with favorite cream or fruit filling. Yields 12 to 16 puffs.

Teri Walls

*Beverages,
Microwave
& Misc.*



Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add $\frac{1}{4}$ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.

BEVERAGES, MICROWAVE & MISCELLANEOUS

TANGY PUNCH

2 1/2 c. Tang powder
3 qt. water
4 bottles ginger ale, chilled

2 large cans pineapple juice,
chilled
1 (6 oz.) can frozen lemonade,
thawed

Dissolve Tang in water; add juice and lemonade. Let chill. Add ginger ale and some ice. Makes 2 1/2 gallons.

Billy Holding

BASIC OMELET

3 eggs
1/4 tsp. salt
1 Tbsp. cold water
1 Tbsp. margarine
finely chopped onion
(optional)

finely chopped bell pepper
(optional)
crumbled fried bacon
shredded cheese
Tabasco sauce

Beat eggs with salt and water. Heat 9-inch skillet. Add butter. Quickly put egg mixture into skillet. Cook over medium heat. As omelet sets, run spatula around edges to loosen. Tilt pan to let uncooked portion run underneath. Continue this until omelet is almost dry on top.

Carrie Hancock

HOMEMADE EAGLE BRAND

1 c. powdered milk
2/3 c. sugar
3 Tbsp. oleo

1/3 c. boiling water
2 Tbsp. white syrup

Combine all ingredients. Mix well until smooth. Yields 1 1/4 cups or 1 can.

Teri Walls

STRAWBERRY SLUSH

3 pkg. strawberry Kool-Aid
2 to 3 c. sugar
4 qt. water

3 c. pineapple juice
3 c. orange pop

Combine all ingredients. Freeze until slushy. Makes 5 1/2 quarts.

Larry Jacobs

SPICY EGgnog

1/2 c. sugar
dash of allspice
1/4 tsp. cinnamon
1/8 tsp. nutmeg

3 egg, separated
2 c. milk, chilled
1 c. light cream, chilled
nutmeg

Combine sugar, allspice, cinnamon and nutmeg. In a large bowl of mixer, beat egg whites at high speed until soft peaks form. Gradually beat in half of sugar mixture until stiff peaks form. In small bowl of mixer, beat egg yolks until lemon colored. Gradually beat in remaining sugar mixture until thick and smooth. Thoroughly fold into whites. Stir in milk and cream. Mix well. Sprinkle with nutmeg. Chill thoroughly. Makes 12 servings.

Sue Lane

SPICE TEA

1 large jar Tang
1 c. instant lemon tea
1 1/2 c. sugar

2 tsp. cinnamon
1 tsp. cloves

Mix ingredients. Store in glass container. Combine to taste with boiling water, 1 to 2 teaspoons per cup of hot water.

Cathy Burrows

HOT COCOA FOR A CROWD

1 1/2 c. sugar
1 1/4 c. cocoa
1/2 tsp. salt

3/4 c. water, hot
1 gal. milk
1 Tbsp. vanilla extract

In a 6 quart saucepan combine sugar, cocoa and salt; gradually add hot water. Cook over medium heat, stirring constantly until mixture boils. Boil and stir 2 minutes, add milk. Heat to serving temperature, stirring occasionally. Do not boil, remove from heat, add vanilla.

Norma Gamblin

COFFEE GRAVY

**1/4 c. strong coffee
1/2 c. water
1 Tbsp. flour**

**pan stock from fried ham
salt
pepper**

Makes 3/4 cup gravy. Serve over fried ham.

Carolyn Hancock

HOT COCOA MIX

**2 1/2 c. cocoa
14 c. powdered milk**

**2/3 c. coffee creamer
1 1/2 c. powdered sugar**

Combine all ingredients in plastic airtight container.

Susan Hancock

INSTANT HOT CHOCOLATE

**1 (20 qt) instant milk
2 lb. Nestle quick chocolate**

**16 oz. dry cream
1 1/2 boxes powdered sugar**

Mix all ingredients. Use four teaspoons per cup of boiling water. For more chocolate taste, add cocoa. Mix well.

Donna Hancock

STRAWBERRY-BANANA ICE CREAM

**1 (16 oz) pkg. frozen
strawberries
4 ripe bananas**

**1 (8 oz.) carton whipping
cream
2 cans Eagle Brand milk
1 qt buttermilk**

Puree strawberries and bananas in blender. Mix all ingredients together and pour into 1 gallon ice cream freezer. Freeze according to your freezer's directions.

Marilyn Hughes

PINEAPPLE-ORANGE SHERBET SUPREME

**1 (6 oz.) can frozen orange
juice concentrate
1 (6 oz.) can frozen lemonade
1 can Eagle Brand milk**

**1 c. crushed pineapple
1 qt. orange soda pop or 3 (10
to 12 oz.) bottles
milk**

Combine all ingredients. Pour into 1 gallon ice cream

freezer. Add milk to fill line and freeze by directions of freezer.

Kim Smith

PINEAPPLE BANANA NUT ICE CREAM

2 c. sugar	1 (20 oz.) can crushed
6 eggs	pineapple, undrained
2 cans Eagle Brand milk	1 c. pecan pieces
5 bananas, mashed	1 Tbsp. vanilla extract
	whole milk

Beat eggs and add to sugar, mixing thoroughly. Pour in Eagle Brand and blend well. Add bananas and pineapple and mix well. Add pecans and vanilla and mix well. Pour mixture into freezer; add whole milk to fill line on can. Stir well. Freeze according to manufacturer's instructions. Makes 6 quarts.

Donna Hancock

TRAIL MIX

2 c. oats	1 c. peanuts
1 c. banana chips	1 c. raisins
1 c. sunflower seeds, salted	1/4 c. margarine, melted

Mix all in ungreased pan. Pour margarine over top. Mix until all coated. Cook uncovered in a 350° oven for 15 minutes, stir occasionally. Makes 6 cups.

Carolyn Hancock

HOMEMADE ICE CREAM

4 eggs	2 (13 oz.) cans Eagle Brand
1 c. sugar	milk
2 Tbsp. vanilla	milk (approximately 1 1/2 qt.)
1/2 pt. whipping cream	fruit or other flavoring (as
1/4 tsp. salt	desired)

Combine eggs, sugar, vanilla, cream and salt in bowl. Beat with electric mixer until well mixed. Add Eagle Brand; mix and stir well. If making fruit flavored ice cream, add fruit at this point, 3 to 4 cups, as desired and mix up well. Add milk to fill line of freezer can and freeze according to freezer instructions. Yields 1 gallon.

Teri Walls

MA'S CORNMEAL MUSH

**cornmeal
margarine
sugar**

**dash of salt
milk**

Bring pan of water to boil; add dash of salt. Gently sprinkle cornmeal into boiling water. Add cornmeal until mush thickens to desired consistency. When desired consistency is achieved serve by the bowlful. Add margarine, sugar and milk to suit your taste.

Linda Curtis

CHOCOLATE POPCORN

**2 qt. popped popcorn
1 1/2 c. sugar
3 Tbsp. cocoa**

**2 Tbsp. oleo
1/2 c. milk**

Cook in heavy saucepan sugar, cocoa, oleo and milk. Bring mixture to soft ball stage (234°), then cook an extra 2 minutes. Stir constantly. Have popcorn in large container such as a dishpan. Pour chocolate mixture over popcorn. Stir constantly until popcorn breaks apart and is well coated.

Teri Walls

CHOCOLATE GRAVY

**2 c. milk
1/2 c. flour
1/4 c. cocoa**

**1 c. sugar (more or less as
desired)
1 tsp. vanilla
1 Tbsp. butter (optional)**

Combine sugar, flour and cocoa and mix together well. Add milk to moisten dry ingredients into smooth thin paste. Pour into saucepan; add rest of milk. Bring to boil; stir constantly to desired thickness. Take off fire; add vanilla and butter. Serve over hot buttered biscuits.

Faye Sullins and Keith Walls

SUGAR-FREE SYRUP

**1 c. water
1 Tbsp. cornstarch
1/4 tsp. instant coffee
1/4 tsp. cinnamon
1/4 tsp. salt**

**3/4 tsp. maple flavoring
1/8 tsp. vanilla
2 tsp. Sugar Twin or Equal (1
packet)
2 tsp. oleo**

Put water in saucepan. Add cornstarch, coffee granules, cinnamon and salt. Stir while cooking until clear and slightly thickened (1 minute). Remove from heat; add flavors, Sugar Twin and oleo. Serve warm.

Wanda Thompson

FRESH LEMONADE

6 lemons
1 1/2 c. sugar

maraschino cherries (optional)

Very thinly slice lemons crosswise. Discard end slices and seeds. Put slices into a large bowl or sturdy pitcher. Add sugar with wooden spoon or potato masher. Pound until sugar is dissolved and slices are broken. Add 2 trays of ice and 4 cups water. Stir until very cold. Pour into tall glasses. Top with cherry. Makes approximately 10 cups.

Kay Norris

LEMON-ORANGE COOLER

1/3 c. frozen orange juice,
thawed and undiluted
3 Tbsp. honey

3/4 c. crushed ice
2 c. milk
1/2 c. lemon sherbet

Combine orange concentrate and honey. Stir until well mixed. Add ice and milk. Mix well. Put sherbet into 4 tall glasses, pour orange mixture over it.

Ann Taylor

HOT FUDGE TOPPING

2 c. sugar
1 c. water

3 Tbsp. cocoa (heaped)
1 Tbsp. vanilla

Combine sugar and cocoa. Gradually add water, mixing well. Bring to boil, stirring well. When mixture reaches rolling boil, quit stirring and let boil 30 seconds. Remove from heat. Store at room temperature in glass jar. Use up soon.

Teri Walls

PARTY PUNCH

3 qt. water	juice of 3 lemons
4 c. sugar	1 large can pineapple juice
2 pkg. cherry Kool-Aid	3 bananas, whipped
1 pkg. orange Kool-Aid	3 can 7-Up

Combine all ingredients in large container. Chill in freezer until slushy.

Lorena Legg

CHEESY BUTTER

2 sticks butter	1/4 tsp. black pepper
1 1/2 tsp. Italian seasoning	8 oz. grated Cheddar cheese
1/4 tsp. garlic powder	2 tsp. lemon juice

Beat butter with seasonings, then blend in cheese and lemon juice. Shape into roll on waxed paper or place in refrigerator bowl. Chill until ready to use. Excellent on baked potatoes!

Teri Walls

ICE CREAM

2 1/2 c. sugar	1 Tbsp. vanilla flavor
dash of salt	1 Tbsp. butter, nut and
4 eggs	vanilla flavor *
2 cans sweetened condensed	milk
milk	fruit (if desired)*

*If fruit is added - omit.

Mix sugar, salt and eggs; add sweetened condensed milk and flavoring, mixing well by hand. Pour into bucket, add milk to fill line, blend together and freeze.

*Favorite fruit: strawberry, banana-pineapple-nut, fresh peach, maraschino cherry-nut.

Note: I prefer using 1 box of table salt, layering ice and salt until the whole box is used.

Donna Hancock

ORANGE BLOSSOM PUNCH

1 1/2 qt. orange juice	1 bottle ginger ale, chilled
1 c. lemon juice	1 large fresh orange
1/3 c. maraschino cherry juice	maraschino cherries
1/2 c. sugar	

Combine juices and sugar, mixing well. When ready to serve, add ginger ale and serve over ice. Makes 3 quarts.

Garnish punch bowl with orange slices topped with half a maraschino cherry or garnish individual glass with orange over rim and bits of chopped cherry.

Wayne Jacobs

SUMMER CRANBERRY COOLER

1 qt cranberry juice
3/4 c. lemon juice
2 c. orange juice

1 c. pineapple juice
1/4 c. corn syrup
2 (12 oz.) cans lemon-lime pop

Mix together juices and syrup. Chill. Just before serving, add soft drinks. Serve over ice. Makes 3 quarts.

Wayne Jacobs

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef or chicken.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour and liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fruit covered with batter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

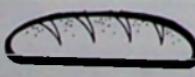
YOUR DAILY NUTRIENTS

Food	Average Adult	Average Child
MEAT OR FISH	1 or more servings of wide variety. Liver once a week	Same as Adult
MILK	1 pint	1 quart
EGGS	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
VEGETABLES	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
FRUITS	$\frac{1}{2}$ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	$\frac{3}{4}$ c. citrus or 1 $\frac{1}{2}$ c. tomato juice plus other fruits.
BREADS AND CEREALS	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
BUTTER OR VITAMIN FORTIFIED	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk
B1 (Thiamin)	For good appetite, good digestion and steady nerves	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic Acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy greens, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix:	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
Meals, Casseroles	Beef Stew, Steak, Veal, Lamb, Venison	Meals, Stews, Sauerbraten		Curries of Meat, Veal, Mildly hot casseroles	Veal, Pork, Spareribs, Lamb Stew
Poultry, Seafood	Chicken, Duck, Fish, Seafood cocktails	Poached fish		Fish dishes	Chicken, Fish, Shrimp, Chicken salad
Vegetables, Pickles, Preserves	Tomatoes, Potatoes, Peas, Squash, Herb Butter	Pickled beets, Relishes	Potato dishes, Vegetable garnish	Various vegetables, Pickled carrots, Green bean sticks	Potatoes baked or boiled, Tomatoes, Beans, Pickles, Garnish
Eggs And Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Noodles, Spaghetti	Spanish rice, Spaghetti dishes		Oriental touch to rice	Buttered noodles	
Soups, Salads, Sauces	Bean, Mock turtle, Potato soups, Tossed salads	Vegetable and Fish soups, Tomato sauces and Gravies, Marinades	Various Soups and Salads	Gravies, Flavor teaser in soups, Chili sauce, Shrimp sauce	Fish and Vegetable salads, Butter sauce, Cream sauce
Pies, Breads, Cakes			White bread dough		

LEAVES, WEEDS & OTHER GOOD THINGS

<i>Use This Herb →</i>	GINGER	MARJORAM	OREGANO	SAGE	TARRAGON
<i>When You Fix:</i> ↓	Aromatic pungent root with warm flavor—sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats, Casseroles	Pot roast, Pork, Veal, Beef Casseroles	Stuffing for all meats, Ragouts, Stew, Beef, Veal, Pork Roasts, Lamb, Sausage	Pork, Veal and Lamb dishes, Meat Loaf, Stews, Chili	Stuffing for meat dishes, Veal and Pork dishes, Pork roast, Sausage Hamburgers	Beef and Veal dishes
Poultry, Seafood		Chicken and fish dishes, Stuffed fish, Fish chowder	Roast duck, Fish chowder	Poultry	Fish and chicken dishes, Chicken cacciatore, Lobster
Vegetables, Pickles, Preserves	Pickles, Preserves, Chutney, Vegetable combos	Scalloped potatoes and tomatoes, Dressing for broccoli, cabbage, spinach	Hash brown potatoes, Dried beans, Lentils	Vegetable loaves, Beans, Tomatoes	Potatoes, Tomatoes, Beets, Spinach, Pickles
Eggs and Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Spaghetti, Noodles		Spaghetti sauce	Spaghetti with meat sauce, Pizza		
Soups, Salads, Sauces	Soups, Chicken broth, Gravies, Fruit salad, Whipped cream	Soups, Salad dressing, Green vegetables, salads	Vegetable and Fish dishes	Salads	Tartar sauce, Sweet-sour sauce, Fish sauces, Green salads, Aspics
Breads, Pies, Cakes	Cakes, Soft cookies and crisp snaps, Pie crust and filling				

Things You Should Know About Meat, Poultry or Seafood

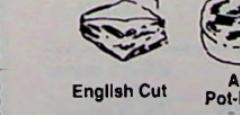
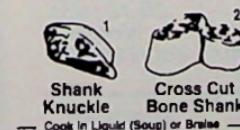
Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

How Much To Buy

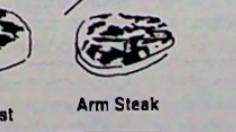
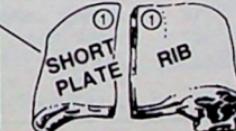
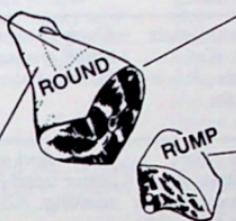
	<i>Meat</i>	<i>Weight or Measure</i>	<i>No. of Servings</i>
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to 2
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2½ to 3½ pounds	3 to 5
	Broilers	1 to 2½ pounds	2 to 3
	Roasters	2¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (Shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (schucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

Retail Cuts



Wholesale Cuts



Retail Cuts

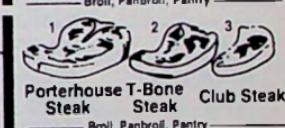
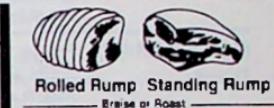


TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
ASPARAGUS	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
BEANS, Green or Wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
NAVY BEANS, Dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 1/2 hours
BEETS	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
BROCCOLI	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 mins. Total
BRUSSELS SPROUTS	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
CABBAGE, Green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
CARROTS	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme..	20-25 mins. Whole
CAULIFLOWER	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Helpful Cooking Hints

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in $\frac{1}{2}$ -inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
<i>Ice Cream:</i>		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
<i>Miscellaneous:</i>		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Coca (milk & water)	8 ounces	140
Coffee (black/unsw.)	0	0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Helpful Cooking Hints

QUANTITY COOKING

Food	25 Servings	100 Servings
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MEAT, POULTRY OR FISH

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

SANDWICHES

Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads

SALADS, CASSEROLES

Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gal.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

VEGETABLES

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	10 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½-3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2-4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾-1 pound
Grain products .		
Cereal, flour, whole grain	2-2½ pounds	3-4 pounds
Meat, fish and poultry	4-4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5-7 pounds
Potatoes	1-1½ pounds	2-3 pounds
Sugars and sweets	½-1 pound	1-1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) . . . 2 tablespoons flour.

1 cup sifted cake flour . . . 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk . . . 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) . . . 3 or 4 tablespoons cocoa plus ½ tablespoon fat.

1 cup sifted all-purpose flour . . . 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.

1 cup cream, sour, thin 3 tablespoons butter and ¾ cup milk in sour milk recipe.

1 whole egg 2 egg yolks for custards.

1 cup molasses 1 cup honey.

1 package active dry yeast . . . 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated . 1 small fresh onion.

1 tablespoon prepared mustard . 1 teaspoon dry mustard.



FAVORITE RECIPES

Recipe Name

Chili

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Notes



Appetizers, Relishes & Pickles



Soups, Salads & Sauces



Meats & Main Dishes



Vegetables



Breads, Rolls & Pastries



Cakes, Cookies & Desserts



Beverages, Microwave & Misc.

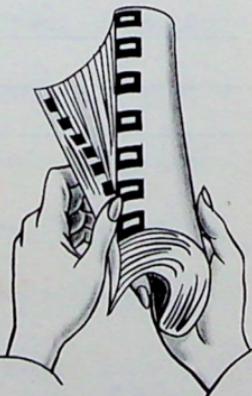


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